FREE!

Healthy DIRECTIONS

AUG/SEPT 2010

SALSA RECIPES

BETTER BABY FOOD

HOW TO COMPOST

Children's Health

Diet, Snacks, Supplements, Naturopathy & More

Calcium & Bone Health

Help for Addictions

Preserving Basics, Tips & Recipes

Nourish Their Brain & Vision Health

Studies have shown the importance of omega-3's for healthy brain and vision development in growing children. Carlson for Kids award-winning liquids and chewable soft gels are a tasty way to ensure your children are receiving the healthy benefits of omega-3's. Our Norwegian fish oils have a great natural lemon or orange taste. All Carlson fish oils are third-party tested for freshness, potency & purity.

Carlson® for Kids

888-234-5656 | www.carlsonlabs.com

Look for **Carlson for Kids** products in your natural health foods store.

Statements in this ad have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

What Matters to You?

Earth Matters' new line of concentrated laundry detergents and household cleaners leave your clothes, home and conscience clean!

Always!

- Free from animal ingredients, fragrances, enzymes, dyes, optical brighteners, SLS, APEO, DEA, phosphates and other harsh chemicals.
- Derived from natural plant-source Ingredients
- Septic and Gray Water Safe
- Biodegradable, Hypoallergenic, Non-Toxic
- Not tested on mammals

Call 1-800-265-7245 for details or visit www.earthmatterstous.com

Earth Matters

HEALTHY DIRECTIONS

AUGUST/SEPTEMBER 2010

In This Issue:

CHILDREN'S HEALTH
Diet, Snacks, Supplements, Naturopathy and More

8 **DIET AND SUPPLEMENTS**
Why Kids Need More Fruits and Vegetables

11 **ADVICE FOR ALLERGIES**
Stop the Sniffling

12 **HEALTHY OPTIONS FOR PICKY EATERS**
Good Ideas for Getting Great Food in their Diet

16 **A NATUROPATHIC KID'S GUIDE TO BUMPS AND BRUISES**
Mom, Where's the Arnica?

18 **POWER PACKED SNACKS**
Give High Energy, Healthy, Make-at-Home Snacks

19 **PROBIOTICS FOR ALLERGY IN INFANCY**
A Natural Aid for Eczema and Allergy

34 **SEEK A NATUROPATH FOR SOLUTIONS**
Treat Ear Infections, Eczema and ADHD

BONE AND JOINT CARE
For Over 30, During Pregnancy and for Life

20 **NATURAL SUPPORT FOR BONES & JOINTS**
Supplements, Posture and Exercise

24 **CALCIUM FOR PREGNANCY**
Essential for Baby and Mom

NATURAL BEAUTY
Look and Feel Your Best

23 **TAMANU OIL SECRETS FOR YOUR SKIN**
Rediscover the Health Benefits of this Amazing Oil

ECO LIVING
Healthier Living in Environmental Harmony

42 **COMPOSTING HOW-TO**
Compost Bins, Leaf Mold and Wormery

48 **EARTH TALK**
Eco-Friendly and Natural Snacks

MAKE-IT NATURAL
Make Your Own Natural Products and Produce

38 **HOME PRESERVING TIPS**
Basics and Tips for Perfect Preserves
Tangerine & Honey Marmalade
Cherry Profusion Conserve

FOOD PASSIONS
Igniting the Senses with Foods and Recipes

26 **SENSATIONAL SALSAS *FOR CANNING!***
Tomatillo and Lime Salsa Verde
Hot, Hot, Hot Tomato Salsa

36 **BETTER BABY FOOD BREAKFASTS**
Big Batch of Oatmeal Pancakes
Applesauce
Oats and Banana Cereal

HEALTHY STARTS
Join the Journey to Better Health

28 **NATURAL THERAPIES FOR SUBSTANCE ABUSE**
Aiding Detoxification, Herbal Remedies and More

32 **10 SIGNS YOU NEED HELP FOR ANXIETY**
Turning to Substance Abuse? Work or Family Problems?

47 **UNDERSTANDING SUPPLEMENTS**
Attain Healthy Blood Pressure Naturally

FIT FOR LIFE
Fitness Routines and Inspiration

44 **JUMP ROPE TRAINING**
Improve Health and Sports Performance

THE PATH TO HAPPINESS
Finding Joy and Inner Peace

50 **FINDING HAPPINESS IN A HAMMOCK**
Experience Deeper Relaxation in a Swing

6 **EDITOR'S NOTE**
7 **OUR CONTRIBUTORS**
35 **NATUROPATH LISTING GUIDE**
46 **HEALTHY OPTIONS SHOPPING GUIDE**
48 **COURSES AND EVENTS GUIDE**
49 **CLASSIFIEDS**

Editor's Note

This is my son Ryan. He's just turning six-months-old and I, like all moms, want the best of food and health for him. The World Health Organization recommends infants should be exclusively breastfed for the first six months of life. Other than breast milk, he's just getting started on eating some rice cereal and pureed, organic carrots but he's still wearing much more than he's eating. The next sticky arms, belly and face experience for him will be some home-made applesauce. It's sure to be a smile evoking time for both of us. Maybe, my ten-year-old will like it too. Find out what foods to feed your child first at www.hc-sc.gc.ca under infant nutrition or better yet, visit a naturopath or dietician.

This issue of the magazine is dedicated to children's health and features articles on diet, snacks, supplements, naturopathy and more. Good health starts with a great diet. With a little planning and know-how you can easily make healthy foods fun and tasty for your family. I also understand getting them to eat it is sometimes a little harder. I've included some recipes from *Better Baby Food* by Daina Kalnins. Msc, RD, and Joanne Saab, RD and an article on *Healthy Options for Picky Eaters* by Rahima Hirji, ND.

Bone health is an important issue to women of all ages but care is especially crucial while pregnant and nursing, and after menopause. This issue we have an article on calcium and pregnancy, as well as, bone and joint health.

Between feedings, with some help I've been making some blackberry jam. from the canes growing like weeds in my backyard. Interested in getting started with canning and making home preserves? We have a great feature from *250 Home Preserving Favourites* by Yvonne Tremblay which includes how-to tips and recipes for *Tangerine and Honey Marmalade* and *Cherry Profusion Conserve.* Enjoy capturing a little bit of summer and September's harvest your way!

Yours in health and happiness,

Charleen Wyman, BA Journalism, BA English
Editor, *Healthy Directions*
char@healthydirections.ca

August/September 2010
Vol. 11 No. 4

At *Healthy Directions* we offer researched information that contributes to living a healthy life in mind, body and spirit, as well as, a more Earth-friendly existence.

Editor
Charleen Wyman
char@healthydirections.ca

Contributing Writers
Elvis Ali, BSc, ND,
Rahima Hirji, ND,
Erika Buckley, BSc, ND,
Angela Hubbard, RD,
Sandrine Briatte, BSc, MSc,
Janet McKenzie, BSN, MBA, ND,
Roger Baird,
Angela MacNeil, ND, MSc,
Jennifer MacKenzie,
Michelle Honda PhD,
Charles Elliott and Laura Smith,
Vivienne Guy, ND,
Daina Kalnins, RD & Joanne Saab, RD,
Yvonne Tremblay, Liz Wright,
Mark Schneider, CNP and
Kristin Ann Janishefski

Editorial:
Written contributions and photos are welcome. However, all content is subject to editorial review.

Advertising Sales:
Jon Cousins
1-877-276-1849
healthydirections@rogers.com
Check out our website:
www.HealthyDirections.ca

Become a fan or start a live discussion:
Look us up at ***Healthy Directions Magazine***
on www.facebook.com.

Healthy Directions is an independent journal produced by Cousins Publishing, six times a year.
All content is copyrighted by Cousins Publishing. ISSN 1488-6308

IMPORTANT : ***Always seek the opinion of your medical doctor before starting any complementary health program. Any information contained herein is intended towards that purpose; thus "Healthy Directions" and its contributing writers will not be held liable should this advice not be followed.***

OUR CONTRIBUTORS

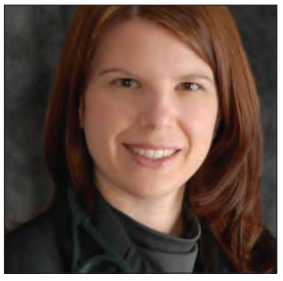
Linda L. Brown, B.A., ND, CBP, RhA is a Naturopathic Doctor and Registered Holistic Allergist, who has been in practice for 9 years in Woodbridge, ON. She has an eclectic practice, focusing on allergy elimination and food sensitivity testing, BodyTalk, and Emotional Freedom Technique. She treats all ages, including children, for allergies, stress, digestive problems, and more. Call: 905-851-2216.

Dr. Elvis Ali, BSc, FIACA, D.Hom, ND graduated with a Bachelor of Science majoring in Biology in 1979 and received his Doctorate of Naturopathic Medicine in 1987. Ali has been in private practice for 22 years specializing in Chinese medicine, sports medicine and nutrition. He is a member of the postgraduate association at Harvard medical school and a staff member at CCNM.

Michelle Honda, PhD practices at Renew You Holistic Health in Ancaster/West Hamilton. In addition to her doctorate, she holds an advanced degree in nutrition (RNCP), is a Master Herbalist and an IIPA Certified Iridologist. For more information visit: www.renewyou.ca. Call: (905) 304-0111. Blog: www.michellehonda.com.

Rahima Hirji, ND has a practice at Target Therapeutics in Kitchener where she enjoys working with pediatric patients and has a special interest in womens' health, infertility and autoimmune diseases. Visit: www. targettherapeutics.com or call 519-593-2354.

Vivienne Guy, ND is the clinic owner of Kilborn Naturopathic & Wellness Centre in Ottawa where she leads a team of healthcare professionals. They have vast experience in addressing the health needs of all ages, from pre-conception, pregnancy, birth, children to teenagers, adults and senior adults. E-mail: info@kilbornwellness.com or call 613-738-8000. Visit: www.KilbornWellness.com.



Erika Buckley, BSc, ND can be found at her clinic, Aqua Vitalis Naturopathic. She provides family-focussed healthcare to the entire Durham Region with practices in Whitby and Port Perry. Please visit her website and health blog at www.aquavitalis.ca or give her a call at (905) 666-3826.

DO YOU SUFFER FROM

RESTLESS LEGS

When resting, do you have unpleasant twitching or tingling in your legs or an uncontrollable urge to move your legs?

You can now find relief without any side effects.

Introducing an all natural product called Restless Legs Support. It contains natural herbs and fast absorbing minerals that will allow your legs to fully relax at the end of the day.

No more twitching or tingling.
No more sedatives or side effects.

Get the most relaxing and refreshing sleep you have ever had!

www.rls-h.com

Distributed by **CLM Health**
For more information call
Toll Free: 877-263-7330

Diet and Supplements for Children's Health

By Elvis Ali, BSc, ND, DiplAc

According to the *American Journal of Preventive Medicine*, adolescents are not consuming sufficient fruits and vegetables. As a result of poor dietary habits, they are at risks of developing degenerative diseases. Childhood obesity is a major concern today with 1 out of every 3 children being at risk, along with complications, such as, high cholesterol, high blood pressure and type 2 diabetes mellitus *(Nicole I. Larson et. al., Trends in Adolescent Fruit and Vegetable Consumption, 1999–2004: February 2007).*

Among teen boys in the age group 15 to 19, the proportion classified as overweight or obese rose from 14% to 31% between 1981 and 2009 and among teen girls, it increased from 14% to 25% *(Statistics Canada. Canadian Health Measures Survey 2007 to 2009).*

For parents with a hectic schedule, resulting from today's fast paced lifestyles it can be difficult to maintain your children's nutritional needs. With easy access to junk food and fast foods on a regular basis, most often our children eat and drink too much sugar and consume too many empty calories.

Product	Daily requirements
Multivitamin and mineral	Helps with the maintenance of good health.
Omega 3	150 -300mg (DHA - Docosahexaenoic Acid) Helps support in the development of the brain, eyes and nerves.
Vitamin C	For 4-8 years (up to 650 mg). For 9-13 years (up to 1200 mg). Antioxidant, factor in development and maintenance of bones, cartilage, teeth and gums.
Vitamin D	Up to 1000 I.U. maintains good health, regulates calcium and phosphorous levels, promotes mineralization of bone.
Probiotics	Maintains a healthy gut flora.

www.inht.ca

The Institute of Natural Health Technologies

Train to be a Registered Holistic Allergist*

Expand the reach of your practice

Discover BioEnergetic Intolerance Elimination

Learn more at www.inht.ca

The Institute of
Natural Health Technologies
410 North Service Road,
2nd floor, Oakville, ON

I.N.H.T. is proud to present a new, life-altering seminar on food and environmental sensitivity eliminations.

Up coming open house dates are:

Thursday,
August 26th, 2010

Time: 7:00pm
Location: 410 North Service Rd, 2nd floor, Oakville ON
Contact: Please contact our office at **905-465-3830** to reserve a seat or for further information

Call for a Registered Holistic Allergist in your area
1-877-393-7700

**Holistic Allergist (R.h.A.) designation upon completion of the program (Strict Prerequisites Apply)*

The Institute of Natural Health Technologies

7 Dietary tips to follow:

- Avoid hydrogenated fats and oils as they contain trans-fatty acids.
- Reduce consumption foods with refined sugar (like sweets) and high fat dairy as excess carbohydrates will be stored as fat in the body.
- Increase intake of dark green leafy vegetables, fruits, legumes, and whole grains. Carrots are a source of beta-carotene, grapes a source of proanthocyanidins, and pineapple is a source of digestive enzyme called bromelain.
- Drink more water. This will keep bowels moist.
- Exercise 30 minutes, 3-4 times a week.
- Sleep a minimum of 7 to 8 hours per day.
- Eat three healthy meals per day, with snacks in between.

So what do you give to ensure your children stay healthy? Consistency is key. Regular schedules and a daily routine instill good habits in children. It tends to be easier to eat healthy when time is scheduled for meal preparation and time to sit down to enjoy food as a family. Of course it's also important to make an effort to reduce high fat, sugary and fried foods. Plus, include lots of fresh water to keep your children hydrated.

For children who are not able to get sufficient rest, exercise or eat well balanced meals then it is suggested to supplement every day. In a perfect world all nutrients would come from the foods they eat, however, due to processed foods, additives, preservatives and chemicals it is unlikely that your children will get all vitamins and minerals from their diet. Supplementing with essential vitamins and minerals is crucial for maintaining overall health and well being – emotionally, physically and psychologically.

Every child is unique and has specific nutritional needs based on age, body composition, stress, activity level and lifestyle habits. A high-quality formulation with the right amount of ingredients, along with key additional supplements should be considered. Since nutrients work synergistically, enhancing the absorption of one another, the proper balance of vitamins and minerals is necessary for effective functioning.

***Elvis Ali**, B.Sc., N.D., Dipl.Ac., is a practicing naturopathic doctor in Toronto.*

A HEALTHY OUTSIDE STARTS WITH A HEALTHY INSIDE!

NUTRACLEANSE™

NutraCleanse is an all-natural product designed to supplement the serious lack of fibre in the average diet. It offers a range of health benefits and may even help prevent colon cancer.

Nutracleanse is sold in 1kg bags at health food stores, produce/deli markets, bodybuilding supplement stores, and pharmacies. A daily serving costs about 75-85 cents. Please check our website and click RETAILERS for a store near you!

BENEFITS OF DAILY USE

- Optimum regularity
- Cleansing and detoxification of colon
- Improved digestion and absorption of nutrients by the body
- Prevention of hemorrhoids
- Lower cholesterol and blood pressure
- Assists in rebuilding of skin cells and cartilage
- Increased energy and vitality
- Maintenance of healthy body weight

SUGGESTED AMOUNT = 1/3 CUP
daily
This all-natural product makes up for the lack of fibre in your diet and may help prevent colon Cancer

NUTRACLEANSE IS A WEIGHT-LOSS AID TOO!

1. A half hour before each meal, drink a glass of water (1/3 litre).
2. Morning and evening, 15 minutes before meal, mix 2 heaped tablespoons of Nutracleanse into 2/3 cup milk or juice and drink.
3. Eat less at meals, and walk or take other exercise daily.

0 CARBS

GLUTEN - FREE

...for life!™

NutraCleanse is an all-natural product designed to address the serious problem of lack of fibre in the North American diet.

NutraCleanse is based on a 150 year-old Finnish recipe and is designed to promote daily regularity and optimum colon health. Our product generally relieves constipation within 24 hours and the problem does not recur with continued use. The all-natural ingredients of NutraCleanse offer numerous additional health benefits including lower cholesterol and blood pressure, rebuilding of skin cells and cartilage, loss of excess body weight, and increased energy and vitality.

Optimally, it is healthiest to have two to three bowel movements daily. Failure to eliminate waste from the body on a daily basis causes a host of problems. It slows down the rate at which wastes move through the colon, leading to toxins being absorbed into the body. This "auto-intoxication" can, over a period of time, cause auto-immune disorders as well as problems such as obesity, gas, bloating, diverticulosis, headaches, depression, even colon cancer.

For optimum colon health, a lifelong daily intake of **25-30 grams** (about an ounce) of fibre is required. The average diet provides under half of this required amount. One serving of NutraCleanse a day provides approximately **60 percent** of this daily recommended intake making it an excellent dietary fibre cleansing supplement.

A Tasty Solution!

NUTRACLEANSE is a delicious, all-natural blend of ground organic flax seed, psyllium and three cleansing herbs designed to promote optimum regularity and colon health. It is easy to use too... just add 1/3 cup (30 grams) to almost any hot cereal or make a NutraCleanse Smoothie. (see recipes) NutraCleanse is also high in protein and Omega 3 fatty acids which are essential for optimum health. **Flax is the highest in Omega-3 of any food.** NutraCleanse therefore provides the body with high-quality nutrients as well as cleansing fibre and lubrication to the colon.

RECIPE #1
On the run?

Just add 1/3 cup or three heaped tablespoons of NutraCleanse to 2/3 cup milk or juice and stir. Enjoy! (Mixture will naturally thicken after 1 minute.)

For these and other tasty NutraCleanse recipes visit our website at www.nutracleanse.biz

NUTRITIONAL INFORMATION

30 g serving = 1/3 cup	
Calories	90
Dietary Fibre	18 g
Fat (Contains the essential fatty acids OMEGA 3+6)	8 g
Protein	4 g
Carbohydrates	0 g

INGREDIENTS

NutraCleanse contains the following all-natural organic ingredients:

Ground Flax Seed
Ground Psyllium Husks
Dandelion Root Powder
Burdock Root Powder
Fenugreek Seed Powder

NutraCleanse... The Optimum Solution.

NUTRACLEANSE™

VISIT: WWW.NUTRACLEANSE.BIZ
E-mail: orderdesk@nutracleanse.biz

NUTRACLEANSE PRODUCTS INC.
PO Box 3561, Mission, BC, Canada V2V 4L1

Advice for Allergies

Linda L. Brown, B.A., ND, CBP, RhA

The end of summer is upon us, and with it come late summer allergies. Although not everyone is subject to the discomforts of this season, those who have a hypersensitive immune response to ragweed and other such airborne allergens will experience the typical symptoms of itchy, watery eyes, runny nose, sneezing, congestion, fatigue, etc. The body perceives otherwise harmless substances as a threat to be dealt with, and the immune system kicks in to initiate a complex interplay of mast cells and histamine release. Allergen sensitization and re-exposure triggers a subsequent overblown response. Thus, the body is trained to react in this exaggerated way.

A major player in the immune response is the gut. It is here where some of the key components of our immune system can be found. Thus, an over-sensitized immune system may also be associated with the foods that go into the body. High-quality, high-nutrient foods are crucial to provide the body with the building blocks needed to remain healthy. Today's low-quality, processed foods do not provide these necessary ingredients. In addition, the daily repetition of foods (i.e. wheat, dairy products, and sugar) can also irritate the gut. This repetitive exposure primes the immune system towards hypersensitivity and may underlie an allergic response towards foods whose consumption had previously been uneventful. Add to this an ever-increasing onslaught of air and environmental pollutants, and it is little wonder that hay fever and other types of allergies abound. From food sensitivities to asthma, cat, dog, and dust mite allergies, and life-threatening anaphylactic reactions, breathing in our society has truly become a challenge.

STOP THE SYMPTOMS AND THE CAUSE

So, what can we do? There are many over-the-counter anti-allergy drugs, which will help your symptoms, but may cause other side-effects, such as drowsiness. Naturopathically, a rotation diet low in allergenic foods, coupled with good probiotics, essential fatty acids, antioxidants, homeopathics, and cleansing, can be beneficial.

Pay attention to your living environment – are you living in a mouldy, damp basement, with old carpeting and furniture? Do you have pets, whose dander may be sparking a reaction? How dusty is the room you spend most time in? If your body is constantly enveloped by such allergens year-round, the additional load of hay fever reactants may tip the scale and be too much for it to handle.

If you've been suffering from summer allergies your whole life, you may also want to consider alternative therapies for relief. Allergy desensitization techniques exist, which can quickly and painlessly neutralize your symptoms of allergy and intolerance. These, in combination with cleansing, good food, and a healthy, balanced lifestyle, may be just what you need to feel better.

***Linda L. Brown**, B.A., ND, CBP, RhA is a Naturopathic Doctor and Registered Holistic Allergist, who has been in practice for 9 years in Woodbridge, ON. She has an eclectic practice, focusing on allergy elimination and food sensitivity testing, BodyTalk, and Emotional Freedom Technique. She treats all ages, including children, for allergies, stress, digestive problems, and much more. She welcomes your inquiries at: 905-851-2216.*

Healthy Options for **Picky Eaters**

By Rahima Hirji, ND

For those of you who have a picky eater, mealtimes can be a nightmare. Not only do you need to make sure your child eats, but you also want to ensure that your children are getting the nutrients they need to thrive. Here are some tips to make sure your children are getting what they need to stay healthy and active.

ENCOURAGE DIFFERENT TASTES

Expose your child to different tastes and foods. Don't force your children to try new foods but make sure they see you and the rest of the family enjoying a variety of foods. Over time, your child may be more willing to try different foods. Also, don't stop making a particular food just because your child didn't like it the first time. Children acquire tastes over time. Your child may need to taste the same food several times before developing a taste for it.

STOCK THE PANTRY WITH HEALTHY SNACKS

Make sure your pantry is stocked with healthy snacks. If your little one only has nutritious items to choose from, you will reduce the risk of your child filling up on junk foods. Items to keep on hand include low-sugar granola bars, fruit, cheese, wholegrain crackers, yogurt, nuts, vegetables and nutritious dips. Try to avoid cookies, chips, ice cream, juices and chocolate. By keeping these foods out of the house, your little one will develop healthy eating habits and many food battles will be avoided.

INVOLVE YOUR CHILD IN FOOD PREPARATION

Involve your child in the process of food preparation. Get your child to help pick out vegetables at the grocery store or set the table for dinner.

How Green Are You Inside?

Feel
Clean
Fresh
& Energized
Naturally

Now available
with Vitamin D

Cleanses Aflatoxins

www.PureleNatural.com

1-800-887-6009

— Advertisement —

LeafSource stops woman's pain within days!

"It works! I'll take another two bottles please!"

This coming from a customer who had tried every other natural remedy under the sun in the past few years to take away her pain. Ian, the owner of the health food store couldn't believe his ears. He had finally found the perfect product to stop his customer's miseries. This is what every owner of a health food store dreams about, a natural product that receives so many outstanding testimonials on such a wide variety of health issues. *"I had recommended a new product called LeafSource, which we recently started carrying. We have had tremendous success with this product, and almost everyone we have recommended it to over the last few months has come back and thanked us over and over again"* said Ian.

Before trying LeafSource, the woman had complained about her ongoing joint pain and was at her wit's end. Although she had experienced some relief through the numerous natural remedies she had tried over the years, the pain would never fully go away. *"She returned to my store, in tears, less than one week after buying LeafSource. I didn't know what to make of this woman standing in front of me crying, until she told me that within a few days of taking LeafSource her pain started to disappear and within a week it was completely gone - as if it was never there."* Ian goes on, *"This coming from a woman whose painful joints and ongoing sciatica were so bad just one week earlier, that the pain was unbearable but now has completely subsided."*

By now you are probably wondering what is LeafSource and why is it so effective? LeafSource is a 100% natural product derived from a proprietary organic mineral composite with over ten years of university research. LeafSource helps regulate the inflammatory process and the body's ability to repair itself. The vast majority (70 - 80%) of the population over the age of 50 have joint problems — often called osteoarthritis.

This is due to the natural (or unnatural) wear and tear on joint tissue that develops through the aging process. With joint inflammation, movement is limited and pain can be constant. LeafSource seems to have the ability to help people get their mobility and zest for life back. Millions of people seek treatment for their joint and inflammation problems by resorting to expensive, toxic prescription drugs (i.e. NSAIDs) with multiple side effects. These range from nausea and vomiting to serious intestinal disorders (bleeding, gas, pain) and even kidney and liver failure. Isn't that too large a price to pay for a little pain relief!? LeafSource is a safe alternative to these destructive anti-inflammatory drugs that cause more problems than they solve. There are absolutely no side effects and it doesn't interfere with any other medications. Controlled experiments and observations have revealed that LeafSource is a potent anti-inflammatory that has been shown to bring a reduction to inflammation and pain within a few days. People notice great results in terms of more energy and less pain by taking anywhere from 2 to 6 capsules/day. Typical maintenance is usually 1 capsule twice daily. This product gets results! LeafSource is scientifically validated through more than 10 years of research at 4 universities, including the Department of Pharmaceutical Sciences, Mercer University. Aside from its incredible anti-inflammatory and pain reducing ability, it has also been shown to improve the performance of your daily nutrition and vitamin programs. It helps increase the absorption of vital nutrients, which in turn helps these nutrients work better. Better absorption = better results! It's almost as if they have become supercharged! LeafSource has also been shown to help enhance energy levels, improve intestinal health, strengthen hair, skin and nails and improve immune function.

To see someone go from intense pain to a new lease on life within a week is truly incredible. Imagine being able to move freely without pain. Who wouldn't want to get out of bed in the morning with more energy? It's amazing how much of this stuff we take for granted, until it's gone! Ian adds, *"I often recommend that LeafSource be taken with other natural joint products in order to help them work better and provide even faster relief. One of the things I hear most often from people who have tried LeafSource is they just plain feel better, have more energy and less pain. We're so confident, we guarantee LeafSource 100%! That alone should be enough to try this incredible product."*

www.leafsource.com

endorsed by

Brad King, MS, MFS

Nutritional Researcher, Best Selling Author

Distributed by: Hedley Enterprises Ltd. Call Toll-Free: 1-888-292-5660 Visit: www.leafsource.com

Children are more likely to enjoy eating and view it as a fun activity if they feel like they have some control over what they eat and if they are an active participant in the process.

Serve a wide variety of foods at meals. Include foods your child likes and some new or less interesting foods. By having a variety to choose from, your child won't feel pressured into eating something they aren't comfortable with and may be more likely to try something different along with an old favourite.

SMOOTHIES FOR SNACKS

Consider a smoothie for breakfast or as a snack. Blend together milk (dairy, goat, rice, almond or oat) with some fresh or frozen fruit on days when your child is being particularly fussy or hasn't eaten well. Frozen bananas are a special treat in smoothies and are a great way to use bananas that would otherwise go bad. You can also add some yogurt to make the smoothie thicker or creamier.

For added nutritional value, consider a protein powder made for kids and some good fats, like flaxseed oil. If you combine all these ingredients, you will be incorporating all four of the food groups to make a delicious meal replacement that your child will happily slurp down.

MAKE SOME SNEAKY SWITCHES

Make some sneaky switches. Most children won't notice if you switch the white pasta to whole wheat. Even better, make whole grains part of their diet from the very beginning.

Wholegrain breads, crackers, pasta and brown rice make a nutritious alternative to their white counterparts and offer more fiber as well.

Consider blending some carrots, zucchini and other vegetables into the tomato sauce, soups or casseroles to incorporate some vegetables into your child's diet, especially if vegetables are usually shunned.

PRACTICE WHAT YOU PREACH

Your child will not develop a healthy appreciation for nutritious food if mom or dad is seen munching on potato chips and soda. Take this opportunity to make-over your entire family's diet and health. If your children see you enjoying an apple, chances are they will want one too.

CONSIDER A MULTIVITAMIN

Consider a multivitamin supplement. If you are really concerned that your children are not getting adequate nutrition from their diet, consider a good quality multivitamin supplement for kids. This will help to make sure that they are meeting some minimum nutritional requirements.

Remember at the end of the day, it is not what your children have eaten that particular day that will determine their overall health. Over the span of weeks or months, what your children eat usually ends up being healthy and balanced overall. As long as your child is healthy, active and growing, there is usually nothing to worry about.

***Rahima Hirji**, ND is a Naturopathic Doctor at Target Therapeutics in Kitchener. She has an eclectic practice where she enjoys working with pediatric patients and has a special interest in weight loss, womens' health and infertility. Visit: www. targettherapeutics.com or call 519-593-2354.*

No More Reminders Needed.

Panloba® for the improvement of mental performance, concentration, and memory

Your powers of concentration and memory are vital aspects of your health, requiring special care and attention. Mental processes that have become dull and sluggish can undermine your day-to-day effectiveness.

The whole is never just the sum of its parts. What makes Panloba® unique is the synergistic balance of just the right proportions, which allows them to interact with one another to optimal effect. Achieving this end requires a delicate craftsmanship that has been the hallmark of St. Francis Herb Farm® for well over twenty years. Or, as we like to put it: *quality—conscientiously achieved®*.

It's precisely for this reason—the improvement of mental performance, concentration, and memory—that we formulated our Panloba. Panloba is nature's best way to keep your mind sharp and retentive, as you tackle the challenges that you face daily.

The St. Francis line of products is in health stores across Canada. To find one near you visit www.stfrancisherbfarm.com or call us today: 1.800.219.6226

StFrancis HERB FARM®

Health Canada Approved NPN: 80018282

A Naturopathic Kid's Guide to Bumps & Bruises

By Erika Buckley, BSc, ND

I don't know about you, but I see my scarred knees and elbows as a badge of honour for my childhood escapades. I was definitely the truest of tomboys! Barbies. . .bahhh! I just wanted tree houses and Tonka trunks. But with this rough and tumble existence came a few tears, for both myself and my mom. Too bad homeopathy wasn't as common in the 80's or I might have prettier knees today (and my mom calmer nerves)!

MOVING BEYOND JUST BAND-AIDS

No mom leaves the house without a first-aid kit. But today, we're seeing some new additions to the basics of Band-aids and alcohol swabs. In a world where so many things are going green, it only makes sense that this extends to our first-aid kits. With the ongoing concerns about chemicals and their impact on our children, parents are looking for natural alternatives in all aspects of pediatric health.

ARNICA FOR THE PLAYGROUND

It's amazing how easy, inexpensive and effective a naturopathic first aid kit is to put together. The most important item in my experience is homeopathic arnica. This remedy, available in oral and gel form, is the gold standard for any playground trauma. Its indications include sprains, strains, bruises or any pain of a bruising nature. The great thing about homeopathics is that kids love their natural sweet taste. After an injury, have the child (or adult) dissolve two pellets under their tongue immediately. This can be repeated every 30 minutes for pain management. Arnica in gel or cream form can also help speed recovery and reduce pain, which is important for any rambunctious youngster's lifestyle.

Remedies for Your Naturopathic First Aid Kit

FOR WOUNDS
Calendula tincture

Tea Tree oil - diluted

Lavender oil – diluted

FOR BRUISING
Arnica 30CH
homeopathic pellets

Arnica homeopathic cream
(or a combination product
with Arnica)

FOR BURNS
Aloe vera gel

Urtica urens 30CH
homeopathic pellets

Cantharis 30 CH
homeopathic pellets

FOR BRUISING
Arnica 30CH
homeopathic pellets

Arnica homeopathic cream
(or a combination product
with Arnica)

FOR BURNS
Aloe vera gel

Urtica urens 30CH
homeopathic pellets

Cantharis 30 CH
homeopathic pellets

FOR NERVE PAIN
Hypericum 30CH
homeopathic pellets

FOR FEAR/SHOCK/UPSET
Aconite 30CH
homeopathic pellets

BUMPS AND BRUISES

Unfortunately, scrapes and bleeds often accompany bumps and bruises. In this case, follow standard first aid procedures. To review, wipe away the tears, allow wound to bleed a bit to flush it, cleanse with water, apply pressure with a sterile cloth and finally apply a kiss to the forehead. However, your work doesn't stop there. For superficial scrapes, calendula is your new best friend. This sunny orange-yellow flower in tincture form is a great antiseptic with the added benefit of speeding tissue healing. However, do not use for deep wounds, as calendula heals the surface skin first, which increases the risk of trapping bacteria in the deeper part of the wound. For ease of use, calendula is also available in a cream form.

LAVENDER IS AN ESSENTIAL OIL

Traumas aren't always of the physical nature. A natural remedy with calming effects is lavender essential oil. In fact, you could call lavender a first-aid kit in a bottle. Not only does its scent trigger a relaxation response, the oil itself has anti-microbial properties. Remember to dilute before using and only use topically. Another great benefit of this herb is that is makes a great smelling insect repellent, and after bites brings down the swelling and stops little hands from scratching as it relieves the itch.

If my children are anything like me, there will definitely be some traumas along the way. However, I still hope my children will have prettier knees than I do, and I'm sure they will with the help of my naturopathic first-aid kit.

*When not getting into new scrapes, Naturopathic Doctor **Erika Buckley**, BSc, ND can be found at her clinic, Aqua Vitalis Naturopathic. She provides family-focussed healthcare to the entire Durham Region with practices in Whitby and Port Perry. Please visit her website and health blog at www.aquavitalis.ca or give her a call at (905) 666-3826.*

Get Better with Homeopathy!

Raisa Weisspapir
H.D., D.H.M.S., M.D. (Europe)
Reg. Member of HMCC

Solving health issues through natural, effective, holistic approaches

- Asthma & Allergies
- Irritable Bowel Syndrome
- Sinus and Ear Infections
- Pregnancy Problems
- High Blood Pressure
- Eczema and more
- Special for Children

Specializing in children's and family's health issues for over 20 years.

Call for an assessment at: **(416) 227-1485**
3910 Bathurst St., Suite 207, Toronto M3H 3N8
Listen Live to Zelda's Radio Show! CHIN FM 100.7
Visit our website: www.homeopathytoronto.com

A.Vogel

It's not easy being a woman...

You can count on A.Vogel to take care of you!

A pioneer of naturopathy since 1923, A.Vogel is well known for the outstanding quality of its all-natural products made from fresh medicinal herbs.

Two key elements make A.Vogel products stand apart:
Effectiveness: Products are backed by clinical research.
Quality and freshness: Products are made exclusively from fresh plants in accordance with GMP pharmaceutical standards.

Absolüt Arnica
Organic Arnica Montana
- Pain and inflammation of muscles
- Joints
- Arthritis
- Sports injuries
- Sprains and bruises
- 100% natural, safe and effective

Venaforce™
Horse Chestnut
- Venous insufficiency
- Varicose veins
- Tired legs
- Swollen ankles
- 100% natural, safe and effective

Menopause Feminine
Organic Red Sage
- Reduces the frequency and severity of hot flashes and sweats
- Promotes a good night's rest
- Does not interfere with hormonal medication
- 100% natural, safe and effective

Experience. True Swiss.

www.avogel.ca
1-800-361-6320

Power Packed Snacks

By Angela Hubbard, RD

Snacking is a fun, and integral, part of creating healthy eating habits. Snacks add variety, sustain energy levels, and are extra opportunities to include the nutrients growing children and teens need throughout their day. Studies show that well-nourished children have improved concentration, academic performance, behaviour and attendance in the classroom.

In Canada, school-aged kids are generally not consuming enough servings from the *Milk and Alternatives* or the *Fruits and Vegetables* food groups. In contrast, they are eating foods high in salt, sugars and saturated fats that may also be low in important nutrients. Planning out complete snacks for home or school, which include at least two of the four food groups, is a great way to nourish your child's body while reducing spontaneous urges or cravings to eat foods with lower nutritional value.

Having children help prepare their snacks gives them a sense of ownership over their food choices and allows them to recognize that snacks are about more than simply nibbling on food during the day. There are many age-appropriate ways to make this a time for fun and learning. For younger children, explore the sights, sounds, textures, tastes and smells of the snack ingredients as you prepare them or make up songs and rhymes about the foods. Have older kids plan out the snacks for the week, make the list of ingredients needed and take them on your next trip to a local farmer's market to gain an understanding of where their food comes from.

As with other food choices, preparing your snacks at home allows you to experiment and have fun with recipes. Although processed products may be more convenient at times, making snacks at home on a regular basis can be cost efficient and allows you to know what is in your food. For example, muffins are a versatile snack with many variations. When made at home, they can contain healthier types of fat, less sugar and more fibre than store-bought versions, can be made in batches and frozen for added convenience, and can be adjusted to suite your favorite flavour combinations. If you have a picky eater in your family, you can easily hide ingredients in the batter without detection, such as whole-wheat flour or bran for added fibre, skim milk powder to increase calcium content, or pureed vegetables for extra vitamins and minerals.

HOME-MADE SNACK IDEAS

Trail mix – mix together different types of cereal, dried fruit such as raisins or apricots, air-popped popcorn or salt-free pretzels, and nuts or seeds.

Fruit salad or fruit kabobs – set out a variety of chopped fruits, in separate bowls, and have your child create their own unique combination. Serve with yogurt dip or a glass of milk. For a tropical boost of flavour, add shredded coconut and some mini marshmallows.

Individual pizzas – these can be made on whatever type of bread you have available – English muffin, sliced bread, tortilla, pita or bun. Offer a variety of toppings and encourage your child to make up their own pizza themes with new combinations. These are especially great for older children, who may need a more substantial snack between activities and they can be eaten on-the-go.

Chopped vegetables – served with dips or sauces, such as BBQ sauce, salsa, salad dressing or hummus. Or, chopped fruits served with cheese cubes or peanut butter.

Sliced or mashed hard-boiled egg – served on whole-grain bread or crackers.

Granola bars – there are a variety of recipes available and can be adjusted to your preferences. Like home-made muffins, these can have less sugar and more fibre than store-bought varieties. Serve with yogurt, a piece of fruit or milk.

***Angela Hubbard**, RD is a Registered Dietitian and nutrition consultant located in Toronto, Ontario. She practices a client-centered and evidence-based approach with an emphasis on building healthy and sustainable relationships with food. Visit: positivelynourishing@gmail.com.*

Probiotics for Allergy in Infancy

By Sandrine Briatte, B.Sc. Biochemistry, M.Sc. Biology

Allergy is a hypersensitivity reaction mediated by immunologic mechanisms or commonly named body defenses. Its prevalence in children has risen over the last decades and has been attributed to changes in environmental factors. The so-called ''hygiene hypothesis'' suggests that a lack of exposure to microbial stimulus early in childhood is a major factor involved in this trend.

INTESTINAL MICROFLORA

Recently, the role of intestinal microflora has been emphasized in the maintenance of normal gut barrier function and development of an immune status which induces a tolerance. Epidemiological studies have shown that children with atopic diseases (allergic inhalant skin disease) have a different intestinal flora compared to healthy children. Indeed, lactic acid bacteria and bifidobacteria are found more commonly in the composition of the intestinal flora of nonallergic children. These findings suggest that certain gut microbes modulate immunological cells (balance the response of defense cells), leading to the suppression of allergic disorders. So, the use of probiotics to enhance presence of some bacteria in the intestinal microbiota is found to correlate with protection against atopy, thereby shaping the immune response of the host, especially in infancy.

ATOPIC DERMATITIS (ECZEMA)

Furthermore, the effect of a prebiotic on the incidence of atopic dermatitis (also called eczema) has been also investigated. Studies have shown for the first time a beneficial effect of prebiotics on its development: arabinogalactan can modulate postnatal immune development by altering bowel flora and has demonstrated a potential role in primary allergy prevention during infancy.

There is encouraging evidence that specific synbiotics (probiotics with prebiotic) can become valuable tools in the prevention and management of allergic diseases.

***Sandrine Briatte**, B.Sc. Biochemistry, M.Sc. Biology, is a scientific director in research and development of natural health products. She currently works at Virage Santé in Quebec and offers her expertise in probiotics by providing training for customers. For more information visit our website: www.viragesante.com or call 1-800-463-0944.*

Pedi-Bio tic MD
WITH ARABINOGALACTAN
Much more
than a probiotic: synbiotic
Formula specially adapted
for infants and young children
(Breve, Infantis, Longum, Acidophilus)
Supports the growth and establishment of intestinal bacteria. Active regenerator of intestinal flora following use of antibiotics.
• Health aid
• Acute diarrhea and rotavirus
• Atopy / allergy
• DAA - Prevention and Treatment
Pedi-Bio tic
Probiotique avec prébiotique pour les nourrissons et les jeunes enfants
Probiotic with prebiotics for infants and young children
VIRAGE SANTÉ INC. 1 800 463-0944 • viragesante.com

Get Natural Support for Healthy Bones & Joints

Careful nutrition and targeted supplementation can ensure we get what we need for rebuilding and protecting our bones and joints.

By Janet McKenzie, BSN, MBA, ND

As we go through our lives, our bones and joints are subject to a great deal of wear-and-tear. For some of us, this will result in conditions like arthritis and brittle bones. For all of us, some degree of inflammation will have an impact on the health of our bones and joints. With that in mind, let's take a look at the items in nature's medicine cabinet that can help minimize or even reverse the damage.

THE BUILDING BLOCKS

Our bodies create bones and their supporting connective tissues from a variety for substances like minerals and special proteins.

Minerals compete for absorption when they are being digested. Too much of one mineral can result in a deficiency of another through a process known as "competitive inhibition". For this reason, supplementation that is being done as a nutritional stop-gap should provide paired minerals to ensure that no inadvertent deficiencies are created.

Calcium is the major mineral needed for the maintenance of bones. Healthy adults need 1000 – 1200 mg/day. Supplemental calcium should be provided in a formula that also includes magnesium (calcium's counterpart in the "pair") and vitamin D (regulates absorption of dietary calcium and the release/reuptake of calcium in bones).

Magnesium, as calcium's working partner, is another important building block for bone and joint health. In fact, every major biological process in our bodies requires the presence of magnesium. While recommendations on daily intake levels vary, a good rule of thumb is to strive for a magnesium intake that is roughly half of it's partner, calcium. If you're taking a supplement, look for one that provides calcium and magnesium together in a 2:1 ratio as this is roughly in line with the relationship between the recommended intakes of each element.

Zinc is important for bone health as a cofactor of vitamin D. Healthy adults need about 10 mg/day. Zinc's competitive partner is copper, which is needed in tiny amounts (less that 1 mg/day). If you're going to take a supplement for bone health, ensure that it provides both of these minerals.

Boron is also necessary for bone and joint health , although an adequate intake level has yet to be conclusively defined by research. Boron seems to prevent loss of calcium and magnesium through the urine, especially when levels of magnesium are low.

Nourish vital tissues naturally!

SinewPlex improves the body's tissue health by:

- Providing total sinew, joint and bone care. Contains calcium, magnesium and trace minerals.
- Increasing elasticity of the tendons, muscles and sinews.
- Improving energy and well-being. Contains collagen and B-vitamins.

OMEGA ALPHA®
Effective Supplements Through Science

OmegaAlpha.ca • *1-800-651-3172*

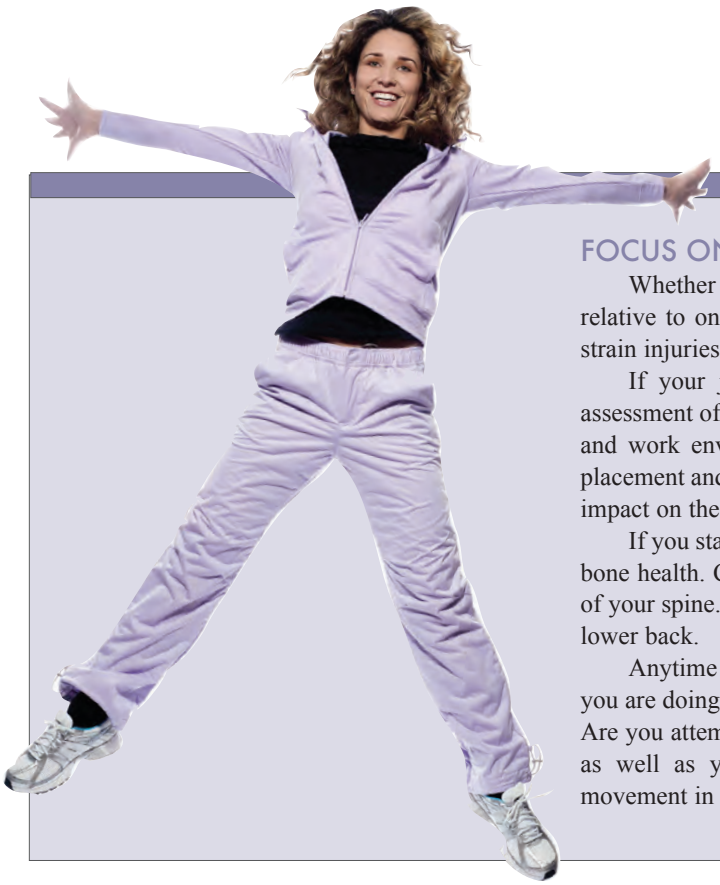
Fier d'être canadien

FOLLOW US ON twitter

Find us on Facebook

Visit us at OmegaAlpha.ca and click on EDUCATION to register for our FREE consumer education teleseminars.

OASIS
Your wellspring of natural health knowledge
OASIS is the education division of Omega Alpha



FOCUS ON POSTURE

Whether you are standing, sitting or in motion, the position of your bones relative to one another is a contributing factor in the development of repetitive strain injuries and osteoarthritis.

If your job requires you to sit for long periods, request an ergonomic assessment of your workspace. Ergonomics is the science of designing equipment and work environments to prevent fatigue, discomfort and injury. The height, placement and degree of lumbar support associated with your chair can have a big impact on the development of lower back pain, for example.

If you stand for long periods of time, footwear is a key consideration for your bone health. Correct heel height and arch support help to maintain the alignment of your spine. Supporting your feet prevents undue stress on your knees, hips and lower back.

Anytime you are in motion, pay attention to your "form". Be aware of how you are doing what you are doing to ensure you are not putting your joints at risk. Are you attempting to lift a load that is too heavy? Are you lifting with your legs as well as your back? Have you been coached on proper positioning and movement in the sports that you play?

Collagen is a protein that is a building block for bone and connective tissues. We ingest it in our diets in the form of cartilage and gelatine. Hydrolyzed collagen is a modified form of the protein that is easier to digest and absorb. Ingesting hydrolyzed collagen has been shown to have beneficial effect on bone rebuilding .

THE SECURITY SYSTEM

Some degree of inflammation occurs in our bodies all the time as a natural consequence of the chemical reactions that keep us alive. When the intrinsic checks and balances of our metabolisms work as they should, all is well. When they don't, inflammation spirals out of control and creates tissue damage that eventually leads to such chronic conditions as arthritis.

The inflammation-inducing culprits include groups of molecules referred to as oxidants, pro-oxidants or reactive oxygen species (ROS). Anti-oxidants are the much-discussed heroes of the inflammation story; they work to eliminate inflammation-causing molecules and to counter the damage done. As such, they serve a protective function and constitute a security system for our bones and joints.

Alpha lipoic acid is an antioxidant that serves many beneficial functions such as the reduction of inflammation in arthritic conditions.

Bioflavonoids, or simply flavonoids, are plant pigments that have anti-oxidant properties. Quercetin, hesperidin and rutin are examples of flavonoids that are sourced from citrus. Animal studies have shown citrus bioflavonoids may have a beneficial impact on arthritic inflammation.

B Complex Vitamins have also been shown to help reduce joint inflammation through their impact on the inflammatory marker, homocysteine.

Vitamin C is a powerful antioxidant that has been shown to reduce joint inflammation and promote cartilage healing. Vitamin E and vitamin C work together as antioxidants. Vitamin E taken in conjunction with standard therapy also improves pain control in people with rheumatoid arthritis.

OTHER TIPS FOR CARE AND PREVENTION

Careful nutrition and targeted supplementation can ensure we get what we need for rebuilding and protecting our bones and joints. But how we use our bones and joints also plays a role in the ongoing health of the skeletal system.

EXERCISE IS IMPORTANT

Our bodies were designed to be active, to do work, to be load-bearing. Throughout our lives, as our metabolic processes change, the resistance provided by load-bearing activities becomes critical for bone health.

Regular, gentle exercise also cares for our joints by building strength in the muscles that support them and helping to circulate protective joint (synovial) fluid.

WHAT YOU DON'T DO MATTERS TOO

Finally, what you avoid doing can be as important to your bones and joints as what you do to support them. Caffeine, alcohol and nicotine have all been implicated as risk factors for bone demineralization. Curtailing your exposure to these can do much to promote a life of pain-free mobility.

Janet McKenzie *is a graduate of the University of British Columbia School of Nursing, Queen School of Business and the Canadian School of Naturopathic Medicine. She has a practice in Hamilton and Toronto, and teaches at the Canadian School of Natural Nutrition.*

Tamanu Oil Secrets for Skin Care

By Roger Baird

Tamanu oil came to the attention of European doctors and scientists over 80 years ago. However, it wasn't until a recent introduction of the oil by Dr. Oz on the Oprah show that a larger number of people became aware of it.

Tamanu oil has been used for centuries in the South Pacific Islands, South East Asia and Madagascar as a health aid and skin beautifier. In the 1920's Sister Marie-Suzanne, a nun stationed in Fiji working with leprosy patients, found that the topically applied oil worked well to reduce nerve pain. She sent the oil back to France where doctors found that tamanu oil had properties, which promoted rapid skin growth. It was also found to be useful against infection. Doctors tried it on a woman with a gangrenous leg who was scheduled for amputation. To their astonishment, regular applications of the tamanu oil saved the leg, leaving a smooth scar where the infected wound had been.

Researchers have since discovered that tamanu oil has strong antimicrobial and anti-inflammatory properties. Of course, this was not news to the South Pacific Islanders who had used it traditionally to treat scrapes, cuts, burns, insect bites and stings, acne and acne scars, psoriasis, diabetic sores, anal fissures, sunburn, dry or scaly skin, blisters, eczema, diaper rash, herpes sores, boils, open sores and wounds, joint pains, arthritis, bruises, chapped lips, sciatica, rheumatism and ulcers.

It has also been used effectively for sunburn, nerve pain from shingles, sciatica and other conditions, bladder infections, wound infections, septicemia, bed sores, abscesses, boils, pneumonia, conjunctivitis, burns from chemicals, boiling water and x-rays, urinary tract infections, jock itch, ringworm, athlete's foot, sunburn, bug bites, dry and cracked skin on heels, and fragile and broken capillaries. Try it for any and all skin conditions and to speed healing. People with allergies to nuts should test a small area of their skin for 24 hours. If skin turns red, do not use.

Many studies have been done regarding the antimicrobial powers of the many ingredients in tamanu oil. One interesting study conducted at University of Sherbrooke, Ontario in 1998 analyzed tamanu and determined that coumarin in the oil contained two compounds, calanolide A and calanolide B, which other studies concluded were useful against HIV. Japanese scientists trying to inhibit the Epstein Barr virus studied several 4-phenylcoumarins extracted from tamanu oil. They discovered that calocoumarin-A produced positive results. These examples and many others show a surprising number of uses to which this oil can be utilized.

Tamanu oil penetrates all three layers of skin and starts working its magic from the deepest layer up to the top layer of skin. It transforms injured or aged skin by prompting the skin to rapidly produce new cells. Scientists have not figured out why it has this effect but the effect is proven and well documented.

Dry, brittle and damaged hair responds well to Tamanu oil. It is also wonderful for the scalp and will help alleviate scalp problems. Try leaving it on overnight and wash out in the morning.

A scientific study on Tamanu oil by BioScience Laboratories has revealed that it measurably reduces even old scar tissue. This study was conducted over the short time period of nine weeks with measurable improvements within 6 weeks. Stretch marks dramatically fade with regular application of Tamanu oil.

Tamanu oil is a luxurious rich and thick oil. It ranges from an opaque dark olive green colour to a dark chocolate brown. In its unrefined state, it works best. The more refined oil is translucent and lighter in colour. The odor is woody/spicey curry. Tamanu oil is applied straight to the skin and is absorbed easily without leaving a greasy appearance. It is for external use only. For faster results, apply to the skin multiple times daily.

Copyright Roger Baird 2010.

Calcium for Pregnancy

Calcium Content of Certain Foods

(mg per 100 grams – 100 grams=3 ½ oz)

Type of Food	Content
Kelp	1 093
Sardines, canned with bones	1 000
Swiss cheese	925
Cheddar cheese	750
Salmon with bone	490
Carob flour	352
Bok choy, cooked	330
Bean sprouts	320
Parsley	303
Dulse	296
Spinach, cooked	250
Collard leaves	250
Turnip greens	246
Barbados molasses	245
Almonds	234
Dandelion greens	187
Brazil nuts	186
Watercress	151
Goat's milk	129
Tofu	128
Dried figs	126
Butter milk	121
Sunflower seeds	120
Yogurt	120
Beet greens	119
Wheat bran	119
Whole milk	118
Buckwheat, raw	114
Sesame seeds, hulled	110
Ripe olives	106
Broccoli	103
English walnut	99
Cottage cheese	94
Spinach	93
Soybeans, cooked	73
Pecans	73
Wheat germ	72
Peanuts	69
Miso	68
Romaine lettuce	68
Dried apricots	67

By Angela MacNeil, ND, MSc

Calcium is a critical component of human bone and contributes 1% to 2% of body mass. Because calcium cannot be manufactured within the body, all needed calcium must be consumed through the diet, after which it is transferred to the bones, where 98% of the calcium is stored. In addition to contributing to bone strength, calcium stores are concentrated in teeth and bone to act as reservoirs for a variety of functions during periods of decreased calcium consumption or increased calcium requirements. As such, when insufficient calcium is consumed to meet these needs, depletion of calcium stores in the bone can weaken the bones.

During pregnancy, the growing fetus receives its total nourishment from maternal sources. Therefore, if adequate bone has not been built before pregnancy and adequate calcium is not part of the maternal diet, maternal bone can be broken down in order to supply the fetus with necessary calcium. This means that calcium is an absolutely essential nutrient during pregnancy and lactation.

CURRENT INTAKES OF CALCIUM

Although the benefits of calcium are well-recognized by the general public, turning this high awareness into action has proved difficult. Less than 1/2 of the female population meets the daily recommended calcium intake and ironically, 63.5% of adults who believe that they consume the correct amount of calcium actually consume less than the recommended daily levels. Furthermore, at no stage in a woman's life are the recommended intake levels for calcium achieved.

BONE LOSS DURING PREGNANCY

Bone health can be measured in terms of bone density and bone mineral content. Reductions in total bone density values up to 3.6% have been detected after pregnancy. In a study by *Pearson (2004)* >5% of bone mass was lost in the spine, sometimes reaching 7%. Although some of the bone mass that is lost during lactation is regained after weaning, the bone mass only partially returns to pre-pregnancy values. In fact, the rate of bone loss during pregnancy and lactation is greater than the annual rate of loss in women after menopause *(Kalkwarf, 2002)*.

SUPPLEMENTATION DURING PREGNANCY

Studies indicate that an increased calcium intake reduces, and in some cases counteracts, the bone loss during pregnancy and lactation *(Janakiraman 2003, Krebs 1997, Chan 1987, Cross 1995, Kalkwarf 1999, Koo 1999)*. Calcium supplementation during pregnancy can also be linked to a number of other health benefits: reduced risk of pregnancy-induced high blood pressure; higher birth weight babies; reduced risk of preterm delivery; decreased fetal lead exposure; lower infant blood pressure; and reduced incidence of preeclampsia - a serious condition that is a major cause of maternal sickness and death and a contributor to preterm delivery, intrauterine growth restriction, and perinatal death *(Yang 2002, Morris 2001)*.

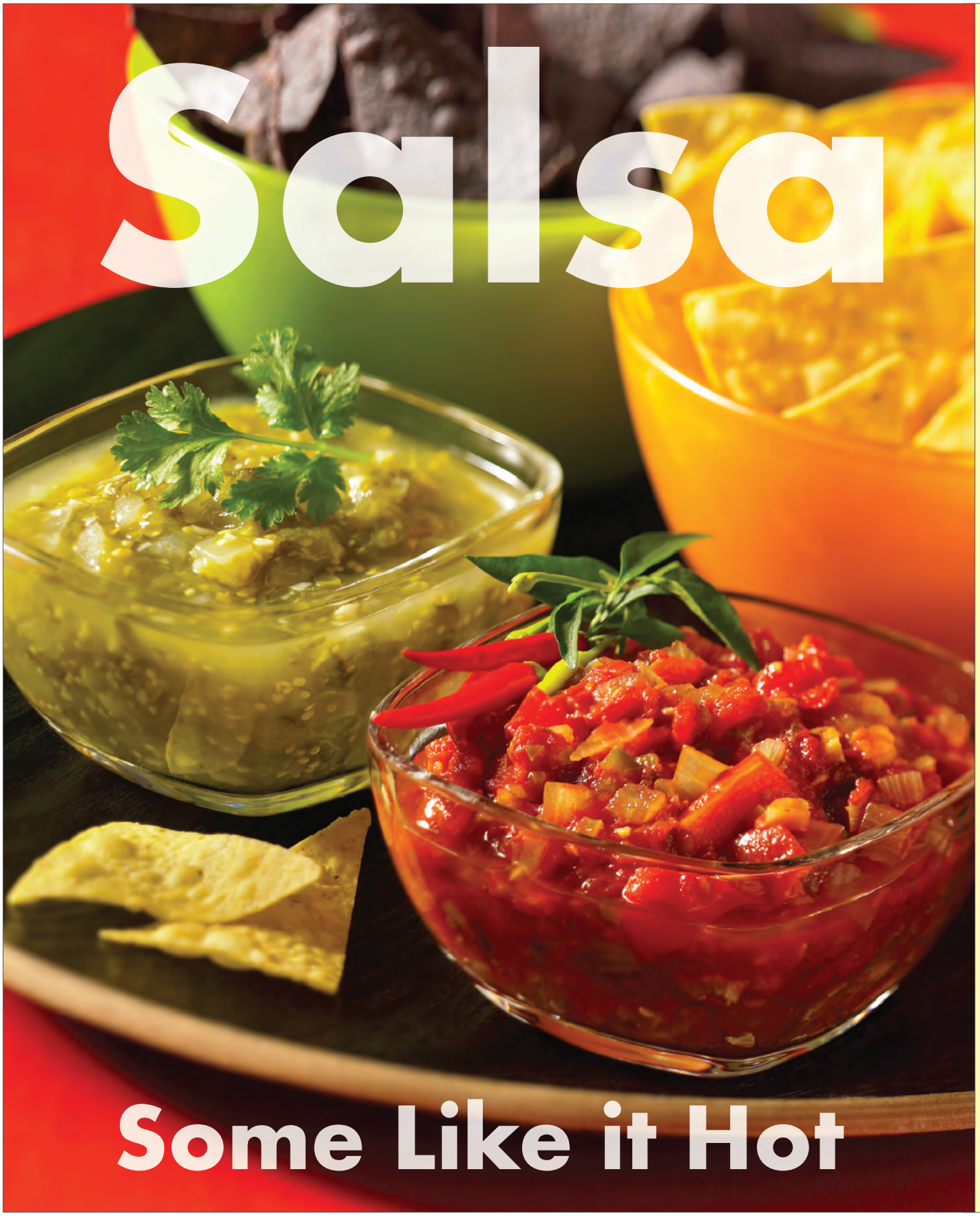
Because many women experience heartburn during their pregnancy, calcium-based antacids (such as calcium carbonate) can be used both for heartburn relief and as a calcium supplement to provide the above-mentioned benefits. Antacids are the preferred first-line defense for treating heartburn symptoms. They are used by 30% to 50% of pregnant women to control heartburn symptoms and are available in a variety of forms *(Lewis 1985)*. Calcium antacids are safe for use during pregnancy and result in an 80% improvement in symptoms *(Tytgat 2003, Black 2003)*.

RECOMMENDATIONS DURING PREGNANCY

The Institute of Medicine currently recommends 1000 mg/d of calcium for pregnant and lactating women who are 19 to 50-years-old and 1300 mg/d for pregnant and lactating women who are <19 years old *(Institute of Medicine 1997)*. The Natural Way Health Clinic recommends 1500 mg calcium daily for pregnant women. And good news – the evidence indicates that the beneficial effects of calcium can be obtained equally from both diet and supplementation. Please refer to the following table for a list of calcium-containing foods.

Angela MacNeil *is a Naturopathic Doctor with a Masters in Nutrition who practices at the Natural Way Health Clinic in Waterloo. She can be contacted at 519.772.2116 or angela_macneil@thenaturalwayclinic.com.*

CALCIUM IS GOOD
CALCIUM BALANCE+
CAPSULES
CALCIUM BALANCE+
Now available in powder or a convenient capsule!
NOW ABSORB IT ALL.
Experience the Calcium Balance+™ difference - see why consumers are switching to Calcium Balance+ ionized calcium, magnesium supplements. A better source of calcium than milk alone and far superior than other forms of calcium. It's the only calcium supplement to instantly dissolve in water providing enhanced absorption and bioavailability to your body and bones.
Effective for:
• Osteoporosis • Muscle Cramps • Back Pain • Arthritis •
• Insomina • Nervousness • Joint Pain and more
Absorb All Your Calcium
Available at your local Health Food Store
www.calciumbalance.com
1-800-667-2011
NATURAL BALANCE
Advanced Supplements


Salsa
Some Like it Hot

TOMATILLO AND LIME SALSA VERDE

Traditional Mexican flavors abound in this tart and perky salsa. In Mexico, salsa verde is usually made fresh, but having a cooked and canned version means you can enjoy it all year long. Makes about ten 8-ounce (250 mL) or five pint (500 mL) jars.

You'll need about 4 lbs (2 kg) tomatillos to get 12 cups (3 L) chopped. Peel the husks from tomatillos and rinse under running water to remove the slight stickiness before chopping them. If you use 8-ounce (250 mL) jars, they may not all fit in your canner at once. Let extra jars cool, then refrigerate them and use them up first. To avoid this problem, pack some in pint (500 mL) jars and some in 8-ounce (250 mL) jars. That way, I also have different sizes.

VARIATION

If you want a fiery salsa verde, increase the jalapeños to 1/2 cup or add hot pepper sauce to taste with the cilantro.

INGREDIENTS

12 cups	chopped tomatillos
3 cups	chopped onions
1/2 cup	finely chopped seeded serrano or long hot green chile peppers
1/4 cup	finely chopped seeded jalapeño peppers
1/4 cup	finely chopped garlic (about 12 cloves)
4 tsp	pickling or canning salt
1 cup	white vinegar
1 tsp	grated lime zest
1/2 cup	freshly squeezed lime juice
1/4 cup	chopped fresh cilantro

DIRECTIONS

Prepare canner, jars and lids. In a large pot, combine tomatillos, onions, serranos, jalapeños, garlic, salt, vinegar and lime juice. Bring to a boil over medium-high heat, stirring often. Reduce heat and boil gently, stirring often, for about 20 minutes or until tomatillos and onions are tender and salsa is slightly thickened. Stir in lime zest and cilantro.

Ladle hot salsa into hot jars, leaving 1/2 inch (1 cm) headspace. Remove air bubbles and adjust headspace as necessary by adding hot salsa. Wipe rim and place hot lid disc on jar. Screw band down until fingertip-tight.

Place jars in canner and return to a boil. Process for 15 minutes. Turn off heat and remove canner lid. Let jars stand in water for 5 minutes. Transfer jars to a towel-lined surface and let stand for 24 hours. Check lids and refrigerate any jars that are not sealed.

*Recipes reprinted with permission from "The Complete Book of Pickling" by **Jennifer MacKenzie**. Text copyright (c) 2009 **Jennifer MacKenzie**. Photographs, cover and text design copyright (c) 2009 Robert Rose Inc.*

HOT, HOT, HOT TOMATO SALSA

As the name says, this salsa has lots of heat: slow, deep heat from the dried chile peppers and fresh, zingy heat from two varieties of fresh hot peppers. Be sure to label this with flames when storing and serving it so you don't get it confused - it's not for the meek. Makes about ten (250 mL) or five (500 mL) jars.

To avoid burns, wear disposable rubber gloves when handling hot peppers and be sure to wash all utensils and the cutting board well after preparing the peppers. If you use 8-ounce (250 mL) jars, they may not all fit in your canner at once. Let extra jars cool, then refrigerate them and use them up first.

INGREDIENTS

14 cups	chopped peeled plum (Roma) tomatoes
3 cups	chopped onions
2 cups	chopped red bell peppers
3/4 cup	finely chopped seeded yellow wax (hot banana) peppers
1/2 cup	finely chopped seeded jalapeño peppers
2 tbsp	minced garlic
2 tbsp	granulated sugar
2 tsp	pickling or canning salt
1 tsp	ground cumin
1 3/4 cups	cider vinegar
2	dried hot New Mexico chile peppers
1 cup	boiling water
2 tbsp	chopped fresh oregano or cilantro (optional)

DIRECTIONS

In a large pot, combine tomatoes, onions, red peppers, yellow wax peppers, jalapeños, garlic, sugar, salt, cumin and vinegar. Bring to a boil over medium-high heat, stirring often. Reduce heat and boil gently, stirring often, for about 1 hour or until salsa is reduced by about half and is thick enough to mound on a spoon.

Meanwhile, prepare canner, jars and lids. In a heatproof bowl, combine dried chile peppers and boiling water. Let stand for about 30 minutes or until peppers are softened. Remove peppers from liquid and discard liquid. Discard stem and seeds and finely chop peppers. Stir into salsa with oregano (if using) and boil gently, stirring often, for 5 minutes to blend the flavors.

Ladle hot salsa into hot jars, leaving 1/2 inch (1 cm) headspace. Remove air bubbles and adjust headspace as necessary by adding hot salsa. Wipe rim and place hot lid disc on jar. Screw band down until fingertip-tight. Place jars in canner and return to a boil. Process for 20 minutes. Turn off heat and remove canner lid. Let jars stand in water for 5 minutes. Transfer jars to a towel-lined surface and let stand for 24 hours. Check lids and refrigerate any jars that are not sealed.

*Recipes reprinted with permission from "The Complete Book of Pickling" by **Jennifer MacKenzie**.*

Natural Therapies for
Substance Abuse

DART: DRUG AND ALCOHOL REGISTRY OF TREATMENT
Toll-free from anywhere in Ontario:
1-800-565-8603
www.dart.on.ca

NATIONAL KIDS HELP PHONE
Kids Help Phone is Canada's only toll-free, national, bilingual, phone and web counselling, referral and information service for children and youth. They provide immediate, anonymous and confidential support, 24 hours a day, 365 days a year. Contact them over the web, or by calling **1-800-668-6868**
www.kidshelpphone.ca

CANADIAN CENTRE ON SUBSTANCE ABUSE
Search this database for treatment services across Canada.
www.ccsa.ca

By Michelle Honda PhD

Our conscious and subconscious thoughts can put us into crisis situations. Even the most common forms of addiction are simply a misguided attempt to fill a gap in your consciousness. Early on in childhood, patterns develop when you could not have your real needs met in healthy ways. As a result, it became easy to blame the influence of the outside world such as your parents, friends, the drug and so forth, for your unhappiness. All too often we feel trapped by society, constantly seeking approval which only leads to smothering our unique individuality. When a healthy balance cannot be met, desperation arises and all or nothing circumstances develop.

Drugs and alcohol have been used for centuries in all cultures either in ceremony or as medicine. The misuse of these substances by modern day people has created dependency in an attempt to avoid their problems and dull their pain. These substances offer temporary relief masking the real issues and preventing people from finding the clarity of mind to understand and solve their own problems. In trying to understand why some individuals fall more prone to chemical dependency, researchers endeavour to find an answer. There is speculation that a varying degree of hormone levels or particular enzymes cause some individuals to be more inclined to form habitual behaviours whether it is gambling or substance abuse.

There are a number of natural treatments available that effectively support and alleviate the many challenges facing anyone fighting to regain their right to live a healthy life and experience joy.

Alcohol and drugs have been treated successfully with the following therapies; herbal remedies, homeopathy, acupuncture, detoxification programs, nutrition, biofeedback, hypnotherapy, yoga and relaxation programs. Many chemical substances and stimulants are addictive causing dependency and habitual behaviour. Essential nutrients are being leached from the body whether it's through a simple caffeinated beverage, alcohol or other substance, any of which will enhance cravings.

Cravings for stimulants, such as, tobacco and alcohol may be associated with the low blood sugar syndrome. Remove sugar, honey and other sweet foods while keeping with adequate protein consumption as recommended by a healthy, basic food plan. Besides the leaching element of nutrients accompanying addiction, most people with drug or alcohol dependencies suffer with malnourishment. Supplemental and dietary programs must be addressed to reverse the damage to the body.

AIDING DETOXIFICATION

To assist overcoming addictions, eliminate excess amounts of salt, animal protein, refined or hydrogenated fats, processed foods, white products, sugar and food allergens. These above items contribute to imbalances in the body, slowing down the healing process.

Detoxification and cleansing programs simultaneously remove toxins while nourishing the tissues with an easily absorbed material. A combination of carrot, parsley, beet, dandelion, and celery juice support the kidney and liver while boosting the whole system. Herbal teas, such as, milk thistle, sage and red clover will add extra support in the detoxification process in the form of blood cleansing and liver support.

Nutrients such as NAC (N-Acetyl Cysteine) and GABA (Gamma aminobutyric acid) help with chemical and alcohol addictions. NAC is regularly recommended to smokers and second hand smokers and for other chronic respiratory conditions. To assist detoxification, NAC stimulates glutathione (an antioxidant) which enhances the removal of free radicals via the liver. This process makes NAC an effective treatment for acetaminophen, alcohol poisoning and other chemical addictions. GABA on the other hand has clinically been used to treat anxiety, depression and alcoholism and is a necessary neurotransmitter for smooth running brain reactions.

To further aid the healing process increase the alkalinity of the blood by incorporating a diet of mostly fruits, vegetables, green drinks and fresh juices. Acidic conditions will be lowered and the optimum alkaline/acid blood balance will be raised.

HERBAL REMEDIES

Herbs in the form of a tea or tincture are the preferred method of application. Valerian, skullcap, and passionflower are a few nervine herbs commonly recommended when a calming or sedative effect is required. These herbs assist in repressing the withdrawal symptoms associated with dependency, such as, cravings, nervousness, dizziness, insomnia, depression, irritability and obsessive and compulsive behaviour.

Dr. Miller's
Wholy Tea
The Total Body Detox
8 tea bags/sachets de the Net Wt./Poids net 28 g
You'll love the
WAY YOU FEEL!
In 7 days or less

The Total Body Detox Tea

It's as easy as 1,2, tea!

- **Lose weight & reduce bloating**
- **Effectively cleanses the colon & liver**
- **Eases stomach distress such as:** Constipation, indigestion, bloating
- **Detoxify your body from:** Chemicals, bacteria, toxins

Available at your Local Health Food Store

For more information visit InnotechNutrition.com or call 1-866-875-5022

$2 OFF

Present this coupon to your local health food store and receive $2.00 off a 1 month supply of Wholy Tea.

Limit 1 per customer. Expires September 30, 2010. Dear retailer: Proof of purchase is required when submitting coupons and must be received after 3 months from the expiry date. Sufficient stock must have been purchased in the previous 90 days to cover the coupons. Code: WTHDAS
Innotech Nutrition 104 Durand Rd. Winnipeg MB, R2J 3T2

Advertisement

Choose Life
Grow Young with HGH

From the landmark book *Grow Young with HGH* comes the most powerful, over-the-counter health supplement in the history of man. Human growth hormone was first discovered in 1920 and has long been thought by the medical community to be necessary only to stimulate the body to full adult size and therefore unnecessary past the age of 20. Recent studies, however, have overturned this notion completely, discovering instead that the natural decline of Human Growth Hormone (HGH), from ages 21 to 61 (the average age at which there is only a trace left in the body) and is the reason why the body ages and fails to regenerate itself to its 25 year-old biological age.

Like a picked flower cut from the source, we gradually wilt physically and mentally and become vulnerable to a host of degenerative diseases, that we simply weren't susceptible to in our early adult years.

Modern medical science now regards aging as a disease that is treatable and preventable and that "aging", the disease, is actually a compilation of various diseases and pathologies, like a rise in blood glucose and pressure to diabetes, skin wrinkling and so on. All of these aging symptoms can be stopped and rolled back by maintaining Growth Hormone levels in the blood at the same levels HGH existed in the blood when we were 25 years old.

There is a receptor site in almost every cell in the human body for HGH, so its regenerative and healing effects are very comprehensive.

Growth Hormone first synthesized in 1985 under the Reagan Orphan drug act, to treat dwarfism, was quickly recognized to stop aging in its tracks and reverse it to a remarkable degree. Since then, only the lucky and the rich have had access to it at the cost of $10,000 US per year.

The next big breakthrough was to come in 1997 when a group of doctors and scientists, developed an all-natural source product which would cause your own natural HGH to be released again and do all the remarkable things it did for you in your 20's. Now available to every adult for about the price of a coffee and donut a day.

GHR is available now, just in time for the aging Baby Boomers and everyone else from age 30 to 90 who doesn't want to age but would rather stay young, beautiful and healthy all of the time.

The new HGH releasers are winning converts from the synthetic HGH users as well, since GHR is just as effective (for anti-aging) is oral instead of self-injectable and is very affordable.

GHR is a natural releaser, has no known side effects, unlike the synthetic version and has no known drug interactions.
Progressive doctors admit that this is the direction medicine is going, to get the body to heal itself instead of employing drugs.
GHR is truly a revolutionary paradigm shift in medicine and, like any modern leapfrog advance, many others will be left in the dust holding their limited, or useless drugs and remedies.

It is now thought that HGH is so comprehensive in its healing and regenerative powers that it is today, where the computer industry was twenty years ago, that it will displace so many prescription and non-prescription drugs and health remedies that it is staggering to think of.

The president of BIE Health Products, stated in a recent interview,"I've been waiting for these products since the 70's". We knew they would come, if only we could stay healthy and live long enough to see them! If you want to stay on top of your game, physically and mentally as you age, this product is a boon, especially for the highly skilled professionals who have made large investments in their education, and experience. Also with the state of the health care system in Canada which appears to be going into serious decline, it's more important than ever to take pro-active steps to safeguard your health. Continued use of GHR will make a radical difference in your health. HGH is particularly helpful to the elderly who, given a choice, would rather stay independent in their own home, strong, healthy and alert enough to manage their own affairs, exercise and stay involved in their communities. Frank, age 85, walks two miles a day, plays golf, belongs to a dance club for seniors, had a girl friend again and doesn't need Viagara, passed his drivers test and is hardly ever home when we call - GHR delivers.

HGH is known to relieve symptoms of Asthma, Angina, Chronic Fatigue, Constipation, Lower back pain and Sciatica, Cataracts and Macular Degeneration, Menopause, Fibromyalgia, Regular and Diabetic Neuropathy, Hepatitis, helps Kidney Dialysis and Heart and Stroke recovery.

For more information or to order call **1-877-849-4777**
www.biehealth.ca
©copyright 2000

New! Doctor Recommended

The Reverse Aging Miracle

RELEASE YOUR OWN GROWTH HORMONE AND ENJOY:

- Improved sleep & emotional stability
- Increased energy & exercise endurance
- Loss of body fat
- Increased bone density
- Improved memory & mental alertness
- Increased muscle strength & size
- Reverse baldness & color restored
- **Regenerates Immune System**
- Strengthened heart muscle
- Controlled cholesterol
- **Normalizes blood pressure**
- Controlled mood swings
- Wrinkle disappearance
- Reverse many degenerative disease symptoms
- Heightened five senses awareness
- Increased skin thickness & texture

All Natural Formula

This program will make a radical difference in your health, appearance and outlook. In fact we are so confident of the difference GHR can make in your life we offer a 100% refund on unopened containers.

A Product of Global Health Products

1-877-849-4777

www.biehealth.ca

BIE Health Products
#3-154,3350 Fairview Street,
Burlington, ON, L7N 3L5

GHR

DIV 2037839 ON

Other herbs used to encourage a calming or sedative effect include St. John's wort, chamomile, catnip and bach flower remedies. To reduce ones appetite for alcohol, the traditional Chinese herb kudzu root is often prescribed as a bitter tea.

HOMEOPATHY

Homeopathic therapies have considerable success in creating a natural aversion to alcohol. For instance, Nux vomica is a potent detoxifier and can often remove a hangover within minutes. Nux vomica relieves symptoms of delirium, trembling, nervousness, cramps and irritability. Opium is another remedy for minor hangovers to be taken in the morning after. Other options include Agaricus, Arsenicum, Lachesis, Quercus glandis and Sulphuricum acidum. For more specific treatment in the area of drug abuse homeopathy assists with the symptoms of withdrawal, detoxification and aids tissue repair.

The following recommendations are particularly effective in assisting the abuse of illegal and over the counter drugs; Arsenicum album, Avena sativa, Carbo veg, Ignatia, Nux vomica, Pulsatilla and Sulphur.

ACUPUNCTURE

Auricular acupuncture has successfully eased patient's withdrawal symptoms from alcohol and other addictive drugs since the early seventies. During this time, Dr. H. L. Wen, a Hong Kong neurosurgeon accidentally discovered the usefulness of acupuncture in treating the symptoms of opium and heroin drug addictions. This mode of treatment has been duplicated in Europe and America where along with furthering the healing process; the excretion of the toxic substances is enhanced resulting in the patient feeling better, faster.

FAITH OR BELIEF CONVICTION

Religious commitment has a strong influence in the prevention and treatment of substance abuse. Research has shown the addict whom attended a religiously based program found withdrawal symptoms to be significantly less than those who did not attend. Furthermore, adolescents in public school whose parents placed importance on church attendance and obedience had lower incidence of substance abuse.

Addictions are a coping mechanism. Dysfunctional patterns are learned therefore they can be unlearned. People have an innate ability to conform for their survival or to have their needs met. The first step in the healing process is to have a full understanding of what needs to be healed. With careful examination of how and why behaviour started and who is involved, a person may be open enough to expose themselves to new ideas.

Michelle Honda PhD is a holistic doctor practicing at Renew You Holistic Health located in Ancaster Meadowlands. In addition to her doctorate, she holds an advanced degree in nutrition (RNCP), is a Master Herbalist and an IIPA Certified Iridologist. Visit her website at: www.renewyou.ca and www.michellehonda.com Call: (905) 304-0111

10 Signs You Need Help for Anxiety

By Charles Elliott and Laura Smith

If you've tried other techniques to relieve your anxiety and they just aren't working for you, then it may be time to seek some professional help. Read on for ten signs that you shouldn't be going it alone any longer.

1 If you think about harming yourself. Take these thoughts very seriously. Call the national suicide hotline at 1-800-SUICIDE (1-800-784-2433). If your thoughts become overwhelming, call 911 and get to an emergency room.

Help is available. And when you do access professional help, be honest about your thoughts; hold nothing back. A professional can help gather other options and solutions that seem out of reach when someone is tremendously anxious or depressed.

2 If you feel hopeless. From time to time, everyone feels defeated. But if you begin to feel hopeless about getting better, thinking that the future looks bleak and you can't do much to change it, get professional help. Feelings of hopelessness put you at greater risk for suicide. You need to know that you can feel better. Let others help you.

3 If you feel anxious and depressed. You may be experiencing depression mixed with anxiety if you find yourself having some of the following symptoms: feeling sad most of the day; losing interest or pleasure in activities; experience a change in weight or sleep patterns and habits, and have a decreased interest in sex; feeling keyed up or slowed down, worthless or excessively guilty; have poor concentration or thoughts of death. If you do have anxiety and depression, seek professional help. Depression is a treatable condition. Having the energy to fight both can be hard.

4 If you've tried everything and aren't getting better. Don't get more anxious because you didn't get rid of worry and stress. Something else may be going on. Get an experienced mental health professional to help you figure out the next step.

Wart & Mole Vanish™
Safe, All Natural, Award Winning
One 20 Minute Application
Mole - Wart - Skin Tag
Removal Product!
Order Now! www.wartmolevanish.com 800-395-8401

BEAT THE WINTER BLUES!
turn on the sun with
S.A.D. THERAPY LIGHTS
www.sunshinesales.ca 1-800-655-5002

5 If you are struggling at home. You're anxious. The anxiety causes you to be irritable, jumpy, and upset. You hold it together at work and with strangers, but you take it out on the people you care about most, your family. Then you feel guilty, which increases your anxiety. If this sounds like you, a professional may help you decrease the tension at home and ease the pathway to finding peace.

6 If you are dealing with major problems at work. If you find your anxiety exploding at work, consider professional help. Anxiety sometimes causes irritability and moodiness with coworkers or bosses. Such behavior can cause plenty of trouble. Anxiety can also rob you of your short-term memory, make it difficult to focus, or make decisions feel overwhelming. So if anxiety affects your job performance, get help before you hit the unemployment line.

7 If you are suffering from severe obsessions or compulsions. Obsessive-compulsive disorder (OCD) can be serious. The problem is that people with the disorder often don't seek help until their lives are taken over by unwanted thoughts or repetitive actions. Most people with OCD need professional help. If you or someone you love has more than mild OCD, get professional help.

8 If you are suffering from post-traumatic stress disorder. If you were recently exposed to a traumatic event and feel agitated and keyed up, you may be suffering from post-traumatic stress disorder. Or, if you experienced any of the following in the aftermath of the event: at the time, you feel helpless and afraid, later, you try not to think about it, in spite of your efforts not to think about it, the thoughts and images keep popping up.

The treatment of PTSD is probably best done by an experienced professional. Many people with PTSD try to tough it out and live life less fully because of their stubbornness.

9 If you aren't sleeping. Is anxiety keeping you awake? That's actually quite common. Too many sleepless nights make it hard to function and more difficult to help yourself in the fight against anxiety. If you sleep poorly night after night and awaken tired, check it out with a professional. You may be experiencing depression along with anxiety.

10 If you are turning to substance abuse. Sure, a beer or three can seemingly soothe the soul, but excessive drinking or drug abuse is a common problem among those with anxiety disorders. It makes sense; anxious feelings are uncomfortable. What begins as an innocent attempt at feeling better can become another big problem later on. If you find yourself consuming too much alcohol or another drug to calm your feelings, get professional help before the crutch turns into addiction.

In the days of high-cost healthcare, you may not always have as much freedom to consult any professional you want. However, whether you receive a restricted list of professionals from your insurance company or not, it's still a good idea to check out one or more of the following: ask your friends if they know of someone whom they had a good experience with; ask your primary care doctor, family physicians usually have a good idea about excellent referrals for various types of problems; talk to the professional before making an appointment; call or use a search engine on the Web to find your local psychological, psychiatric, or counseling association.

For more information, please contact Dottie DeHart, DeHart & Company Public Relations, at (828) 325-4966 or DSDeHart@aol.com or visit www.psychology4people.com.

Excerpted from "Overcoming Anxiety For Dummies®, 2nd Edition" (Wiley Publishing Inc., April 2010, ISBN: 978-0-470-57441-6, $21.99)

Who Would You Be Without Your Story?

Join Byron Katie, the #1 bestselling author of *Loving What Is* , for a life-changing workshop that will show you the tools to let go of stress and find happiness again.

September 24 to 26, 2010
Intercontinental Hotel Downtown

"A spiritual innovator for the new millennium."
- TIME Magazine

Early Purchase Discount **only $290 until July 6th. Limited Seating!**

For complete details please call or visit:

Call 416-963-8315 **www.byronkatietoronto.com**

THE PACKARD SCHOOL OF NUTRITION
Professional Diploma Correspondence Courses

For Info: Phone or Fax: (705) 560-5275
e-mail: gpackard@personainternet.com
web: www.PackardSchool.com

THE PACKARD SCHOOL OF NUTRITION
1 Elmhurst Court, Sudbury, Ont.
P3A 1A3, Canada

Children's Ear Infections, Eczema, ADHD?

Seek a Naturopath for Long-Term Solutions

By Vivienne Guy, ND

Many Canadians are chosing naturopathic doctors (NDs) as their primary health care providers. NDs are trained in medical diagnostics and address family health issues. They use natural treatments to alleviate pain, boost immune system and improve overall health. Parents today bring their children to NDs for well-child check ups and specific health concerns.

FREQUENT EAR INFECTIONS

"My ear hurts!" These three little words send parents running to the doctor's office to treat their child's inner ear infection. When a parent enters our office with their child crying in pain and tugging on their ears, we are confident that we can help. Our treatment involves stimulating the body to recover from the infection as quickly as possibly, as well as, undercovering some of the problems in the child's health that may predispose him or her to ear infections.

A common problem that leads to inner ear infections is the consumtion of dairy. Dairy foods thicken and increase mucus, making it more difficult for an infected ear to drain. Also, if your child is consuming foods they are slightly allergic to, this can weaken their immune system and create more opportunity for bacteria to thrive.

Another issue that can predispose a child to ear infections is a sub-optimal immune system. We will often augment the diet with natrual products or specific foods that help to strengthen the immune system and bring the body into balance; so, that it is better able to fight off infections. For example, we may ask a parent to put warm mullein oil into the ear, precribe an immune boosting herb and teach the parent how get their little picky-eater to eat garlic.

EZCEMA

Parents of children suffering from eczema tend to suffer with them, feeling helpless in the situation. Eczema is a skin disorder causing itchy and scaly skin, usually on the face, arms, elbows, and knees. It may be caused by or associated with allergic tendencies and may be aggravated by emotional stress or fatigue. While true allergic reaction involves histamine reaction resulting in the swelling of various body parts to one degree or another, food intolerance or sensitivity is believed to be a more common occurrence. We often have clients do an elimination diet or food allergy testing to determine which foods are causing eczema. Upon removal of the trigger foods, the skin tends to clear up in a few weeks.

Nutrients deficiencies can aggravate eczema. Any of the B vitamins should be present in the diet in adequate amounts. Vitamin C and the bioflavonoids will help to relieve skin inflammation.

Vitamin A is also essential for maintaining healthy skin tissue, while a protein deficiency has been linked to chronic eczema conditions. We can help to navigate this for you.

HYPERACTIVITY AND CONCENTRATION

Have you been told that your child is staring out the window in class, having trouble sitting still and focusing and you wonder what is wrong? This is often labelled ADHD, a behavioural problem. In fact it is also a health problem. We work with your child and not the label to uncover what is happening overall with his health.

It is known that malnutrition has a lot to do with how well the brain functions. NDs often do nutritonal analsysis to determine whether your child may be lacking in any key nutrients. Magnesium, Vitamin B6, Zinc, Iron and essential fatty acids are often in lower amounts for these children. Good effects on brain function is seen with the use of flaxseed oil, 400mg and vitamin C. Iron deficiencies, lead and other heavy metal toxicities, such as, cadmium have also been associated with ADHD. Naturopathic doctors can order hair and urine tests to quantify toxic metals in the body.

It is important to have a naturopathic doctor on your healthcare team. Speak to your ND before starting any supplements as doses will often depend on age and weight of your child and you want to ensure that no interactions or side effects occur. Call your local naturopathic doctor to discuss ways to help optimize your child's health for today and tomorrow.

***Vivienne Guy**, ND is the clinic owner of Kilborn Naturopathic & Wellness Centre in Ottawa where she leads a team of healthcare professionals. She and Jada MacLeod, ND work with families to successfully treat childhood ailments. They welcome your questions at: info@kilbornwellness.com or call 613-738-8000. For more information visit: www.KilbornWellness.com.*

Naturopath Listing Guide

Need Health Advice? Seek A Naturopath.

Naturopathic doctors are highly educated primary care providers who integrate standard medical diagnostics with a broad range of natural therapies.

BURLINGTON

Philip K.L. Lee, BSc ND
Family Medicine & Cancer Care
Burlington Natural Health Centre
www.SeekWholeness.com
naturaldr@gmail.com
Call: (905) 634-8598

NORTH YORK & SCARBOROUGH

Elvis Ali, ND B.Sc MBA
Chinese Medicine
www.btnl.ca
elvisali@swissherbal.ca
(905) 695-4232 (416) 721-4349

CAMBRIDGE

Jennifer Hendry-Lynn, BSc, ND
ReAlign Health
'Just off the 401 at Hespeler Rd. & Eagle St. N'
Pediatrics, Autism/ADHD, Allergies, Women's Health, Digestive Issues, Stress
www.realignhealth.com
Call: (519) 650-1630

OAKVILLE & BURLINGTON

Agnieszka Matacz, B.SC, ND
Oakville Naturopathic Clinic
Longevity Wellness
Family Medicine & Cancer Care
www.oakvillenaturopathicclinic.com
www.longevitywellness.ca
Call: *Oakville* **(905) 844-7718**
Call: *Burlington* **(905) 332-2121**

CAMBRIDGE

Stephanie Farwell, BSc, CBP, ND
Certified Bowen Practitioner
Women's Health, Digestive Health, Sport Injuries, Weight Management & Detoxification
www.naturalcareclinic.info
(519) 772-8422

OTTAWA

Vivienne Guy, ND & Associates
Kilborn Naturopathic & Wellness Centre
General Family Practice: Fertility & Pregnancy Care, Chiropractic, Massage, Allergy & Hormone Testing
www.KilbornWellness.com

KITCHENER

Rahima Hirji, ND
Infertility, Autoimmune Disease, Pediatrics, Weight Loss
www.targettherapeutics.com
drrahima@targettherapeutics.com
Call: **(519) 593-2354**

TORONTO & BRAMPTON

Victoria Resendes, ND, BSc
Menen Centre for Optimum Health,
Wallis & Associates Wellness Clinic,
Family practice, weight loss, digestive health, dermatological conditions, cosmetic acupuncture
www.naturopathic-medicine.ca
victoria@naturopathic-medicine.ca
Call: **(647)287-9754**

MISSISSAUGA

Carol Morley, BKin, ND
Zawada Health Clinic
'Across from Square One Shopping Centre'
Weight Loss, Detox, & Nutrition
www.zawadahealth.com
Call: **(905) 804-1752**

WHITBY & PORT PERRY

Erika Buckley, BSc, ND
Aqua Vitalis Naturopathic
Family Medicine, Hydrotherapy, Acupuncture
712 Dundas St. West, Whitby
(905) 666-3826
175 North Street, Port Perry
(289) 928-1488

MISSISSAUGA & TORONTO

Allan Strauss, ASc, BSc, ND, NPBAM
Natural Aesthetics, Pain, Cancer, Fatigue, Detoxification & Family Medicine
Kenko Lifestyle Centre, Mississauga
#307 - 2021 Cliff Rd. ***Call: (905) 566-5433***
Altmed Clinic, Toronto
#302 - 40 Wellesley St. E. ***Call: (416) 966-3733***
allanstrauss@gmail.com, www.altmedclinic.ca

WATERLOO

Angela MacNeil, ND, MSc
The Natural Way Health Clinic
Nutrition and Clinical Laboratory Testing
www.thenaturalwayclinic.com
angela_macneil@thenaturalwayclinic.com
Call: **(519) 772-2116**

NEWMARKET

Helena Gold, ND
Align Chiropractic Health Centre,
Special interest in women's health, fertility, and family care, Weight Management, Facial Acupuncture
helena@drhelenagold.com
www.alignyourhealth.ca
(905) 953-1008

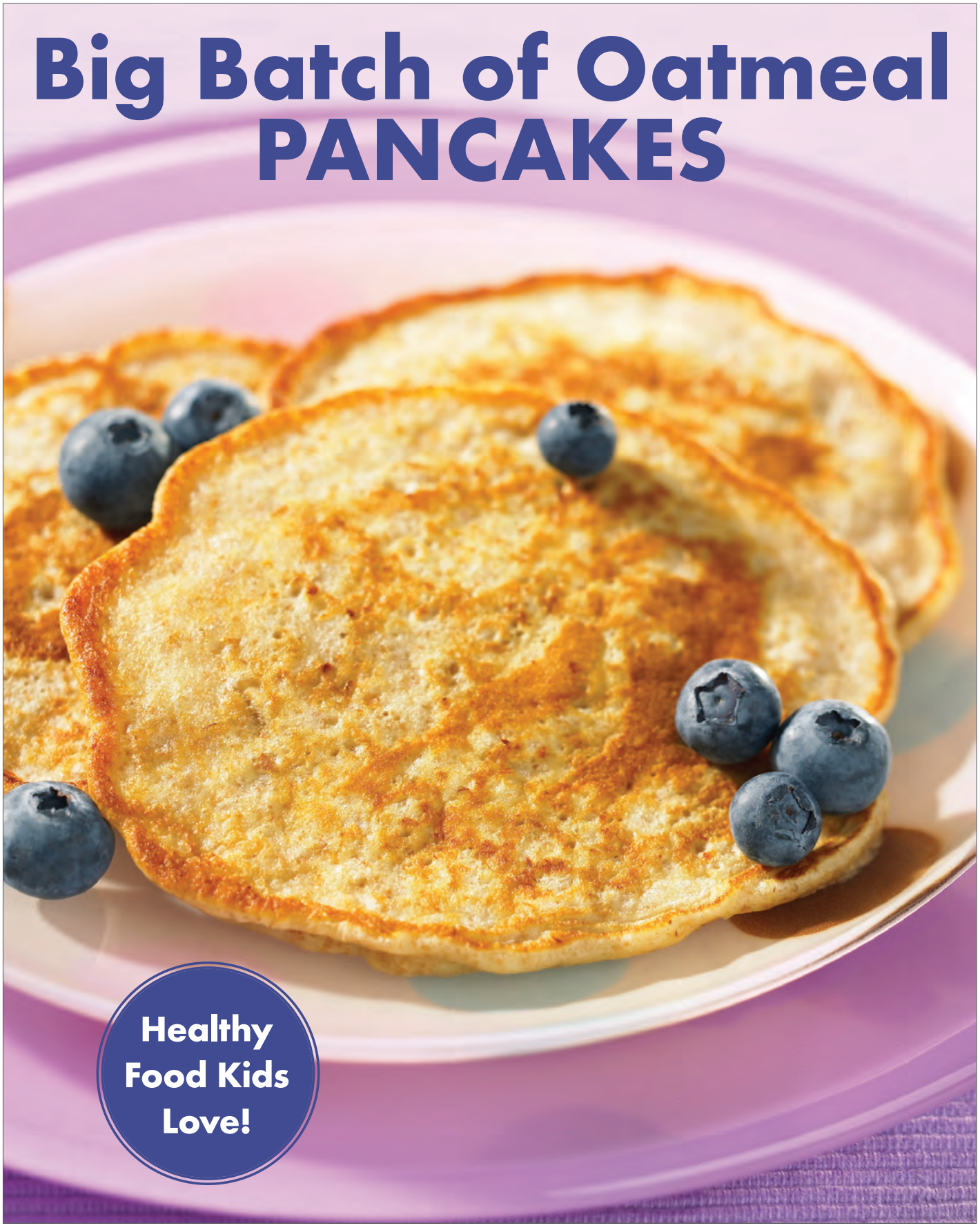
WOODBRIDGE & VAUGHAN

Linda Brown, BA, ND, CBP
Scott Health Centre
Neutralize Hayfever symptoms!
Certified BodyTalk Practitioner
Emotional Freedom Technique
www.HealingSpiritND.com
(905) 851-2216

Seeking New Clients for Your Growing Practice?

A listing in our ***Naturopath Listing Guide*** *with photo or logo is $80.00/plus H.S.T. per issue.*
Call ***1-877-276-1849*** *or e-mail:* ***healthydirections@rogers.com***

Big Batch of Oatmeal PANCAKES



BIG-BATCH OATMEAL PANCAKES

12 to 18 months

INGREDIENTS FOR PANCAKE MIX

2 1/2 cups whole wheat flour
1 1/2 cups quick-cooking rolled oats
1/2 cup wheat germ
1/2 cup instant skim milk powder
1/4 cup packed brown sugar
2 tsp baking powder
1/4 tsp salt

DIRECTIONS

In a bowl, combine flour, rolled oats, wheat germ, milk powder, sugar, baking powder and salt. Store in a cool place in a tightly sealed container until ready to use, for up to 2 weeks. Makes about 5 cups.

TO MAKE 8 PANCAKES

In a bowl, place 11/4 cups (300 mL) pancake mix. In another bowl, beat together 1 egg, 1 cup (250 mL) buttermilk and 3 tbsp (45 mL) vegetable oil. Pour into dry ingredients; stir just until moistened.

In a nonstick skillet, heat 1 tbsp (15 mL) oil over medium heat. Using 1/4 cup (50 mL) batter for each pancake, pour into hot skillet; cook for 3 minutes or until bubbles break on surface and underside is golden brown. Turn pancakes with a spatula and cook just until bottom is lightly browned. Repeat with remaining batter.

MAKES 32 PANCAKES

The young and the not-so-young will enjoy these whole-grain pancakes. Try them plain or with a topping of fresh fruit (such as sliced bananas and blueberries), along with plain or vanilla yogurt. This large-scale pancake mix can be kept on hand for a day when you're short on time.

KITCHEN TIPS

For great pancakes, do not overmix, as they will become tough. Let the batter stand for a few minutes before cooking. Cook all of the pancake batter, then freeze pancakes by separating each between sheets of waxed paper and wrapping tightly in plastic wrap or placing in a resealable freezer bag. These will make a fast-start meal another day. Pop in the toaster to heat them up.

To add the flavor of maple syrup, mix about 1 tbsp (15 mL) maple syrup with 1 cup (250 mL) plain yogurt and use as topping for the pancakes. You'll get more nutrients and less sugar than you would with plain syrup.

*Recipes from Better Baby Food by **Daina Kalnins**, MSc, RD and **Joanne Saab**, RD. Recipes reprinted with permission. Better Baby Food, 2nd Edition Text copyright (c) 2008 Hospital for Sick Children, Food photography, illustrations Cover and text design copyright (c) 2008 Robert Rose Inc.*

APPLESAUCE

6 to 8 months,
Makes 1 1/4 cups

INGREDIENTS

3 medium cooking apples, washed, peeled, cored and cut into quarters
2/3 cup water

DIRECTIONS

In a saucepan, combine apples and water. Bring to a boil and cook for about 10 minutes or until apples are tender. Drain. Mash with fork to desired texture or, for a smoother texture, purée in a food processor and strain through a sieve.

OATS AND BANANA CEREAL

6 to 8 months, Makes 3/4 cup

INGREDIENTS

1/4 cup quick-cooking rolled oats
1/2 cup 2% milk (approx.)
1/2 banana, mashed

DIRECTIONS

In a small saucepan, combine oats and milk. Bring to a boil over medium-high heat. Reduce heat and simmer, stirring occasionally, for 5 minutes or until thick. Stir in mashed banana and let cool. Serve topped with additional milk, if desired.

Home Preserving Tips

PREPARING, STERILIZING AND FILLING JARS

Wash jars in hot, soapy water; rinse well. Place jars in a large pot of water, tilting them to fill with water, then placing them upright on a rack. Add water to ensure they are covered, if necessary. Bring to a boil and boil for 10 minutes. Turn off heat and let the jars rest in hot water until ready to use. Lift jars from water with a jar lifter; drain water.

Place hot jars upright on a dishcloth or tea towel and fill with the hot mixture. Use a ladle or a measuring cup with a pouring spout to transfer the hot mixture. A canning funnel helps to prevent dribbles.

Jams, jellies, marmalades and spreads are filled to within 1⁄4 inch (0.5 cm) of the rim of the jar. This is based on 8-ounce (250 mL) or smaller jars. Increase to 1⁄2 inch (1 cm) if you're using 16-ounce (500 mL) jars; do not use jars larger than 16 ounces (500 mL). Chutneys, conserves, mincemeats and fruit butters are filled to within 1⁄2 inch (1 cm) of the rim. Do not overfill or underfill: if you overfill, the preserve may seep out and interfere with the seal; underfilling will leave more air in the jar than can be forced out during the processing time, resulting in a poor seal. You can measure the headspace with a headspace gauge or a ruler.

To remove any air that may be trapped inside your mixture, slide a clean, non-metal utensil (such as a rubber spatula or a bubble remover) between the jar and the mixture. Move it gently so bubbles will rise to the surface. Thicker preserves such as butters, mincemeats and chutneys are especially prone to trapping air when jars are filled. Carefully wipe the top rim of the jar with a clean, damp cloth or paper towel to ensure a good seal.

By Yvonne Tremblay

PREPARING METAL LIDS

Set rings (screw bands) aside in a small bowl. Bring about 2 inches (5 cm) of water to a boil in a small saucepan. Reduce heat to medium, place lids in water and bring to a simmer. Do not let the lids boil. Once they have come to a simmer, remove the pot from the heat and keep them hot until ready to use. Make sure to prepare lids ahead so they are ready once your mixture is done. Lift each lid from the water using a magnetic wand or a non-metal utensil (metal tongs will scratch lids, which can result in rusting) and place on a filled jar that has had its rim wiped clean. Apply the ring and tighten with your fingertips just until the ring is snug, not as tight as it will go. Air needs to escape during processing to create the vacuum seal, so don't overtighten. On the other hand, if it's too loose, some of the contents may leak out.

After processing and cooling, lids will have a tight vacuum seal. Rings should be removed and jars and rings wiped well to remove any residues. If desired, rings may be reapplied once jars are dry. Do not overtighten, or you may disturb the seal.

Do not reuse metal lids. Once they have sealed a jar, the sealing compound will not work properly a second time. Used lids may be kept for preserves that will just be refrigerated or frozen, not processed or sealed. Unused lids may be reheated at a later time. Remove from water, let cool, dry and store them in a box or a plastic zip-lock bag. Metal rings can be reused if they are not rusted or dented.

TANGERINE AND HONEY MARMALADE

Makes about five 8-ounce (250 mL) jars. Tangerines, a type of mandarin orange, get their name from Tangier, a sea port of Morocco from which they were first shipped. I like to use honey tangerines in this marmalade, and I also add honey to create an interesting blend of flavors.

INGREDIENTS

8 large honey tangerines
1 1/2 cups water
1 package (57 g) powdered pectin
4 cups granulated sugar
1/2 cup liquid honey

DIRECTIONS

Using a paring knife, remove peel from 2 or 3 of the tangerines in large strips, taking some of the white pith if desired; thinly slice to make 3/4 cup. In a small saucepan, combine peel and water. Bring to a full boil over high heat. Reduce heat and simmer, covered, for 15 minutes or until peel is softened. Set aside.

Remove and discard peel and pith from remaining tangerines. Finely chop tangerines, discarding seeds. Measure to make 3 cups, including juices. Place chopped tangerines in a Dutch oven or a large, heavy-bottomed pot. Stir in pectin until dissolved. Bring to a full boil over high heat, stirring constantly; reduce heat to low and simmer for 5 minutes, stirring often. Add sugar in a steady stream, stirring constantly. Stir in honey and cooked rind with liquid. Return to a full boil, stirring constantly to dissolve sugar. Boil hard for 1 minute. Remove from heat and skim off any foam. Stir for 5 to 8 minutes to prevent floating rind.

Ladle into sterilized jars to within 1/4 inch (0.5 cm) of rim; wipe rims. Apply prepared lids and rings; tighten rings just until fingertip-tight. Process jars in a boiling water canner for 10 minutes. Transfer jars to a towel-lined surface and let rest at room temperature until set. Check seals; refrigerate any unsealed jars for up to 3 weeks. This marmalade is best served after resting for 1 week.

Excerpted with permission from "250 Home Preserving Favorites" by Yvonne Tremblay, Published by Robert Rose Inc. 2010

Organic Advocates FEAST of FIELDS

Join us at the 21st Anniversary of
Feast of Fields

Sunday, September 12, 2010, 1-5pm
Cold Creek Conservation Area
14125 11th Concession, Nobleton

Enjoy a relaxing day in the country tasting the best of our local harvest.
TICKETS: *$100 each • $90 for a group of 10 or more. • www.feastoffields.org • 905.859.3609*

BERNARDIN HOCKLEY VALLEY RESORT KING sodexo nimbus Water Systems Inc.

CHERRY PROFUSION CONSERVE

Makes about four 8-ounce (250 mL) jars. I loved the idea of doing a jam for cherry aficionados like my friend Sonja. It uses sweet, sour and dried cherries for a fusion of cherry-liciousness!

INGREDIENTS

2 cups chopped sweet cherries, such as Bing
3 cups chopped sour (tart) cherries
2 tbsp lemon juice 30 mL
4 cups granulated sugar
1/2 cup coarsely chopped dried sour cherries
1/3 cup blanched whole almonds (optional)
2 tbsp Kirsch, cherry brandy or amaretto (optional)

DIRECTIONS

In a Dutch oven or a large, deep, heavy-bottomed pot, combine sweet cherries, tart cherries and lemon juice. Add sugar in a steady stream, stirring constantly. Bring to a full boil over high heat, stirring constantly to dissolve sugar.

Reduce heat and boil gently, stirring often and reducing heat further as mixture thickens, for 20 to 22 minutes or until mixture reaches a soft, jam-like consistency. Test for doneness.

Stir in dried cherries, almonds and Kirsch (if using); boil gently for 2 minutes, stirring occasionally. Remove from heat, skim off any foam and let rest for 1 minute. Stir to distribute dried cherries and nuts.

Ladle into sterilized jars to within 1/2 inch (1 cm) of rim; wipe rims. Apply prepared lids and rings; tighten rings just until fingertip-tight.

Process jars in a boiling water canner for 10 minutes. Transfer jars to a towel-lined surface and let rest at room temperature until set. Check seals; refrigerate any unsealed jars for up to 3 weeks.

TIP

You'll need about 1 lb of sweet cherries and 1 1/2 lbs of sour (tart) cherries for this recipe.

BodyTalk

"When the body talks to itself - it can heal itself. Healing really is that simple."

BodyTalk is a revolution in health care. It works gently to restore the body's innate ability to heal, and this simple approach has proven to be so effective that BodyTalk is the fastest growing health care system in the world today.

Explore and Experience BodyTalk

Locate a BodyTalk Practitioner near you, call toll-free

1-877-884-1767

www.bodytalkcentral.com

"BodyTalk will transform your health and your life."

Mulberry Leaf Tea

Caféine 0.0% Caffeine

Feuilles De Thé De Mûre

Beneficial for:
Diabetes, High blood cholesterol, High-blood pressure, Obesity, Cold, Ischemia.

Therapeutic compounds:
GABA, Phytosterol, DNJ, Prenylated flavonoids.

Jiva Thai

More info call 416·530·1788
www.jivathai.com

FOOD SAFETY

When you're making preserves, keeping things sanitary is most important. Microbes — usually molds, yeasts and bacteria — are responsible for food spoilage. Spoilage ruins the flavor and consistency of preserves; more importantly, some toxins produced by the microbes can be lethal. It is never worth the risk to consume suspect food; discard food that has been kept too long, in which you can see moving bubbles, for which the seal has broken or in which there is obvious mold growth.

The high concentration of sugar found in jams, jellies and other sweet preserves is responsible for deterring the growth of molds. But molds will grow on the surface, as well as inside the preserve, in the presence of air. That is why processing in a boiling water canner is recommended, to provide an airtight seal and to kill any organisms that may get into the jar from utensils or the air during filling. Processing is even more important for low-sugar preserves or no-sugar spreads. Preserves may also be frozen, without processing, for safe long-term storage.

NUTRITION

While preserves are generally high in sugar, they contain almost no fat. Butter and margarine have about 100 kcal (calories) and 11 g of fat per tablespoon (15 mL). The same amount of most regular jams contains about 55 kcal and no fat, while no-sugar (artificially sweetened or no-sugar-added) spreads range from 10 to 15 kcal per tablespoon (15 mL). Jams made with light pectin crystals have 20% less sugar and 30% more fruit. Preserves contain no protein and are primarily carbohydrate from the fruit and the sugar.

Preserves retain a lot of the nutrients that were present in the fruit. Some of the vitamins are destroyed by heat and exposure to air when the fruit is cut; however, many vitamins, minerals and phytochemicals (plant compounds thought to be beneficial in the prevention of certain diseases) are retained. Preserves often contain the seeds and peels of fruits, which are good sources of fiber, as is the flesh itself. Pectin, whether from the fruit used or added commercial pectin, is a type of soluble fiber.

Preserves can be part of a nutritious meal plan, especially when you eat them on whole-grain breads (complex carbohydrates), which are also rich in fiber. Whole grains help to slow down the absorption of sugars (simple carbohydrates) into the bloodstream, which can be beneficial for those with blood-sugar problems. Eating simple carbohydrates with proteins works as well — try a little jam stirred into plain yogurt to sweeten it.

Of course, don't overdo it. Excess calories (calories over and above your energy needs) will all be converted to and stored as fat, no matter what foods they come from.

Yvonne Tremblay *is a four-time winner of the Grand Champion Jam and Jelly Maker Award, given by one of the oldest and most prestigious agricultural fairs in North America.*

Excerpted with permission from "250 Home Preserving Favorites" by Yvonne Tremblay, Published by Robert Rose Inc. 2010

Composting How-To

An excerpt from "Natural Living" by Liz Wright

No matter how small it is, any garden will benefit from having a compost heap, which, if managed correctly, will turn both garden and kitchen waste into a soil-enriching material—an eco-friendly and money-saving process.

To make good compost you must make sure that all the organic material decomposes rapidly and does not either dry out, thus preserving th material in its original form, or turn into a pile of rotting slime. Air, moisture, and nitrogen must be present so that bacteria and fungi can break down the raw materials. It is certainly not a case of piling up garden rubbish and leaving it for a year.

When it is ready for use compost takes on a crumbly texture, turns a deep brown in color, is slightly moist, and has a pleasant, sweet smell.

COMPOST BINS

There are many compost bins on the market, but a homemade one can be just as efficient, and wooden pallets are ideal for constructing a simple cube. Alternatively, erect four stout corner posts and screw or nail timber planks, at least 3 feet long, to the two sides and the back. Secure another two posts at the front, fixing to each side but allowing a plank width gap between the two upright posts. Planks can then be slid through the side posts to cover the front as the compost increases. They can be removed when you empty the heap. A timber frame with wire netting panels would make an equally suitable heap.

It's generally better to have two compost bins, because if the previous season's compost is not quite ready to use, it can be left to mature further while fresh material is gathered in the second bin.

Place a layer of brushwood on the base or wooden planks supported by bricks so that air can penetrate the compost. Once the heap is full, place an old carpet or piece of plastic on the top, held down, to keep in the moisture. Another way of getting more air into the heap is to place three stakes in the compost heap as it is being built. Remove these when the heap is full, allowing air into the holes that are left.

MATERIALS FOR COMPOSTING

Most green garden waste can be turned into compost. Lawn clippings are excellent, but you must layer them with other raw material or the clippings will ferment quickly and produce a slimy mess. Soft hedge clippings, leaves, and fresh vegetable waste can also be added. Kitchen waste, including vegetable peelings, crushed egg shells, and tea leaves, can be used, and you can add newspapers, torn cardboard, and natural wool, which will combine well with soiled livestock litter and animal and poultry manure to provide plenty of material to encourage decomposition.

When it is ready for use, the compost will be dark and crumbly. Well-made compost does not smell unpleasant. It can be incorporated into the bottom of trenches if you are digging a plot or, if it is really well-rotted, used as a mulch. Return any pieces of stems or roots that have not rotted down to the new compost heap.

LEAF MOLD

Most deciduous leaves break down more slowly than grass clippings and green garden waste, so keep gathered autumn leaves separate to make leaf mold, which is an excellent soil improver.

Place the leaves in a simple container made of wire mesh supported by four corner posts or pack them in a plastic sack with the top tied. Make holes in the sides of the bag with your garden fork and leave the bag in a secluded corner until spring.

WORMERY

Vermiculture – using worms to make compost – is a way of turning kitchen waste into a plant feed and soil conditioner. The worms used, brandlings (tiger worms), are small red worms found in manure and compost heaps and you can also buy them in angling shops. A bought wormery usually resembles a plastic refuse bin, but you can construct your own with sections, similar to a beehive with a lid. Remember to add holes along the bottom and top to allow air to enter and make a drainage hole for liquid.

Put some sand in the bottom and cover it with damp newspaper. Put a small heap of garden compost or leaf mold on the paper and place about 100 worms on the compost. Add a thin layer of kitchen waste. Leave the lid off for a while so that the light encourages the worms to bury into the material. Leave the wormery for a week before adding more kitchen waste and after two to three weeks a small amount can be added daily.

You can overfeed worms, and if the material begins to get too wet, add some brown cardboard and newspaper. The liquid is full of nutrients, but dilute it before using. The compost made will be at the bottom of the wormery, because the worms work upward. You can remove this and place the empty section of the wormery at the top, under the lid, to keep the process going.

Liz Wright *is a self-sufficiency expert and writer with over 25 years experience in natural living. a committed green gardener, she has kept bees, chickens, ducks, geese, goats, pigs, sheep and a cow.*

From "Natural Living: The 21st-Century Guide to a Self-Sufficient Lifestyle" by Liz Wright, Gaia, 2010.

Improve Health & Sports Performance with Jump Rope Training

By Buddy Lee

The sports and fitness potential of rope jumping has emerged from the dark gyms used by boxers, martial artists, wrestlers, and other athletes who discovered and eked out its benefits. Today, rope jumping is often featured prominently as part of sports training and fitness programs because it has proven itself as a valuable technique that provides a wide range of benefits and competitive advantages. Sports training benefits include increased speed, power, agility, and explosiveness. Fitness benefits include weight loss, increased cardiovascular and anaerobic conditioning, and improved balance and coordination. Nonetheless, many coaches, fitness trainers, and sports and fitness enthusiasts remain unaware of the full potential of this simple but challenging exercise.

Enhance Your Workout!

And even those coaches and athletes who are already inspired to incorporate rope jumping into their training programs may be unsure just how to tailor these techniques to meet the unique demands of their particular sport.

When done properly, jump rope training can lead to dramatic improvement in sports performance. For example, star baseball players have used rope jumping to improve their grip strength and increase their eye–hand coordination and bat speed. Rope jumping is also used by football players (e.g., Terrell Owens), basketball players (e.g., Kobe Bryant), and soccer players and other athletes who rely upon demanding foot movements (e.g., rapid changes of direction) to improve their balance and proprioception in their ankles and feet in ways that reduce the risk of injury. Bruce Lee, who triggered a martial arts craze in the United States, used rope jumping as a warm-up and as a training strategy to develop timing, balance, quickness, and speed. Today, in the rising sport of mixed martial arts, jump rope training often serves as a mandatory part of daily training regimens. Boxer Floyd Mayweather Jr. has been seen on Internet videos featuring the high-intensity jump rope routines he used to become a world champion in multiple weightclasses, and a number of boxing greats—including Roberto Duran, Sugar Ray Leonard, and Muhammad Ali—were often filmed while they executed rope-jumping routines as part of their prefight training. Rope jumping also plays an important role in the training regimens used by skaters, swimmers, and gymnasts on U.S. Olympic teams. You can tailor a jump rope training routine to match the fitness, energy system needs, and movement demands of your sport.

Rope jumping also provides a good option for athletes seeking a fatburning or fitness program. Rope jumping offers greater fat-burning benefits than do most cardiovascular activities that emphasize lower-body muscle groups because it incorporates muscle groups and joints of the lower and upper body. As a result, a 160-pound (73-kilogram) person jumping rope at an average speed of 120 RPM burns approximately 12.9 calories per minute or 720 calories per hour. Calories expended are

Jumping rope for 10 minutes at 120 RPM produces the same cardiovascular fitness as the following activities.

Activity	Time
Cycling	2 miles in 6 minutes
Handball	20 minutes
Jogging	30 minutes at a moderate pace
Running	1 mile in 12 minutes
Swimming	720 yards in 12 minutes
Tennis	2 sets

determined by body weight; therefore a heavier athlete burns more calories at the same intensity level and duration of rope jumping. Jump rope is nearly as effective as running in burning calories. But when certain arm and foot movements are added to a jumping session, its fat-burning value increases substantially. To burn away extra pounds, athletes can jump at 120 to 140 RPM. Combining this exercise with proper diet and rest can produce noticeable fat loss, as well as fitness gains, in mere weeks.

From Jump Rope Training 2nd ed by Buddy Lee. Copyright © 2010 by Human Kinetics Publishers, Inc. Excerpted by permission of Human Kinetics, Champaign, IL. Available to order from Human Kinetics Canada at: www.HumanKinetics.com or by calling 1-800-465-7301.

SAGEE THE GLOBAL LEADING PRODUCT FOR BRAIN HEALTH

Sagee is a product combining traditional Chinese herbs with state of the-art, scientific technology

Sagee ingredients:
Korean Ginseng, Cordyceps Sinesis, Grape Seeds, Lycium Barbarum, Reishi Mushroom, Safflower, Jujube Extract

Our TCM Wellness Clinic offers:

Acupuncture
Tuina Massage
Electro Interstitial Scan
Biofeedback Scan and Therapy

We specialize in the following:
Insomnia, Memory Loss, Alzheimer, Dementia, Parkinson, Depression, Anxiety, ADD, ADHD, Autism, Epilepsy, Seizure, Headache, High Blood Pressure, Diabetes, Menopause

TESTIMONIES OF THE WONDERFUL EFFECTS OF SAGEE

- A 13-year old Korean boy after taking Sagee for a few months, was able to get high score at the Gauss Mathematics Competition sponsored by Canadian athematics Competition and University of Waterloo.
- A 36 year-old Toronto man suffering from Epilepsy and seizures, experienced noticeable improvement after taking Sagee for a few months.
- Mr. Zhonghua Ke, a young man in USA suffering from Parkinson Syndrom and confined to a wheel chair. After using Sagee for six months, he noticed dramatic improvements, now he is able to walk on his own.
- A Toronto man, in his fifties, developed Melancholia after suffering from insomnia for more than 20 years. He started to take Sagee and after a few months, his insomnia is getting better and his life is close to normal again.
- Mr. Huang, a fifty-year old man in Toronto has been suffering from Parkinson syndrom. After taking Sagee for a few months, he noticed that he is more alert, less drowsy, and able to walk better than before.
- A Toronto man, about 40 years old, a computer software developer, who was not getting deep sleep and experiencing tightness and weakness in bicep and neck, soreness in tongue, tightness/pain in both shins, tightness/trembling in right forearm, after taking Sagee for a few months, all of the above symptoms disappeared.

Do you want to find out?

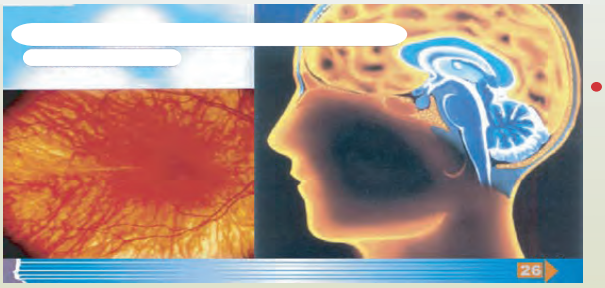
How balanced is your body in terms of Yin/Yang balance, hormone balance, mineral balance, PH balance? What kind of deficiencies are in the body? What is too much and has become toxicity? What is potentially posing a treat to your future health? Where is your body heading? What kind of lifestyle changes do you need to make in order to heal naturally? How are your heart, liver, spleen, lungs, and kidneys, colon, etc. doing in your body?

If your answer is yes, please let us provide you with the most complete holistic approach to healing naturally.

Please call **416-907-3586, 905-477-8558** to book an appointment.

Quantum Power of Excellence
the Biofeedback Evaluation and Therapy.

For information on our clinical services, such as, acupuncture, EIS Scan, Biofeedback Scan, etc., please visit our website at: **WWW.CANADASAGEE.COM**



www.canadasagee.com
IPL and laser equipment

Sagee is made from 100% botanical extract in a certified GMP facility.

- A Toronto lady , Betty , 55, had been suffering from melancholia for more than ten years, was not able to continue working, and attempted suicide. After taking Sagee some weeks, her mood enjoyed high spirit, and planned to go back to work. After a few months of taking Sagee, she went back to work. Right now, she has stopped taking medications and has been taking Sagee. Her life went back to normal.

SAGEE CANADA WELLNESS
Distributor inquiry welcome.
For details please call: **416-907-3586**

xionghb@gmail.com
Suite 303, 170 Sheppard Ave. East,
North York, Ont. M2N 3A4

Tel: (905) 477-8558 (416) 907-3586
(613) 482-6589 (514) 907-3299
1-888-212-0213

Shopping Guide

Healthy Options

MAKE YOUR OWN NUTRITIOUS SNACKS

Produce quick healthy snacks, dried fruit vegetables, meat jerky, herbs and spices, living foods, fruit roll-ups and more. These stainless steel food dehydrators are the healthier, more durable option to plastic and outperform other models in their class. Complete with an adjustable thermostat. Huge drying capacity and available in 5, 10, and 14 shelf models.

For more information call ***1-888-887-8822*** or visit us at: ***www.YoureTheCure.com***
Naturally Empowered Inc.
Great prices!

THE ULTIMATE AIR PURIFIER

This 6-step air purification with medical HEPA, activated carbon, UV-light disinfection and two layers of gas absorption media uses computerized electronic controls and infrared motion detectors to monitor air quality, airflow and volume. Doctor recommended and laboratory tested to provide: *Chemical Free *Allergy Free *Odour Free *Germ Free

For more information call ***1-888-887-8822*** or visit us at: ***www.YoureTheCure.com***
Naturally Empowered Inc.
Great prices!

THE FINEST GRAIN MILLS

Every kitchen has a place for these compact, beautifully designed electric stone mills. Whether it is barley, oats, millet, corn, rice, rye, spelt or wheat, these amazing grain mills transform 100 gm of grain per minute into the finest flour. Get healthy and create your own freshly milled grains.

For more information, call ***1-888-887-8822*** or visit us at ***www.YoureTheCure.com***

Naturally Empowered Inc.
Great prices!

A HEALTHY SHOWER & BATH IS CHLORINE FREE

Unfiltered shower and bath water can double your exposure to chlorine by absorption through the skin and by inhalation of chlorine vapours that can, over time, contribute to cancer and heart disease. These filters also help obtain softer hair and smoother skin. Your tub and shower area will be cleaner too! Check out our complete line of household filtration products.

For more information, call ***1-888-887-8822*** or visit us at ***www.YoureTheCure.com***

Naturally Empowered Inc.
Great prices!

NEW CANADIAN CASTILE LIQUID SOAP

Mountain Sky's river friendly castile soaps are made with essential oils, vegetable oils and mountain spring water. Six great varieties. No petrochemicals, detergents, SLS, phthalates, corn sugars, propylene glycols or thickeners. Our concentrated castile soaps can be diluted effectively 3x. Purchase at your local health food store.

www.mountainskysoap.com

AGE SPOTS? BRUISE EASILY? SORE HEELS?

Try one of ***Zax's Original Darkspot Creams***™ to lighten dark spots, speed healing of bruises, and ease heel pain! Natural Ingredients, Pharmacist Developed, Canadian Made. Available in stores and online. SAVE $1.50 with online orders using promotion code: HDIRECT at ***www.zaxhealth.com***. For more information or nearest retailers, call or e-mail: ***1(888) 873-0929*** or ***info@zaxhealth.com***.

Attain Healthy Blood Pressure Naturally

By Mark Schneider, Certified Nutritional Practitioner

It goes without saying that maintaining heart health and a strong circulatory system are vital to a healthy body. Scientists and doctors agree that diet and exercise are the most important factors, and each stress that preventive health today is preferable to invasive treatments tomorrow. One of the major cardiovascular challenges is hypertension, or high blood pressure. It is the number one risk factor for stroke and a major risk factor for heart disease, so it is very important that it is properly managed. High blood pressure currently affects one in five Canadians, yet 43% of Canadians with hypertension don't even know they have it because there are no symptoms. You can't see it. You can't feel it. Thankfully, you can control it, and nature has provided us with an array of herbs and foods that have important cardiosupportive effects.

One such herb is hawthorn, which has been used for generations to support cardiovascular health. In a German placebo-controlled, randomized, double-blind study, 30 patients were given hawthorn leaf and flower extract at a dose of 160 mg per day for eight weeks. The hawthorn group showed a statistically significant advantage over the placebo group in all parameters, including exercise tolerance, improvement of complaint scores, and changes in heart and arterial blood pressure. Both systolic (heart contraction) and diastolic (heart relaxation) blood pressure were reduced. No adverse reactions occurred. In another randomized controlled trial, English researchers studied the effects of hawthorn supplementation on type 2 diabetics with hypertension. After 16 weeks, patients taking the hawthorn supplement had a significant reduction in mean diastolic blood pressure compared to the placebo group. Although most of the participants(71%) were on high blood pressure medication, no herb-drug interactions were reported.

Another herb of note is motherwort, which has hypotensive, cardiotonic, and antispasmodic properties. It is an effective relaxant and has been used safely as a daily tonic in patients who have neuropathic cardiac disorders and cardiac complaints of nervous origin. Alkaloids in the plant depress the central nervous system and lower blood pressure in preliminary testing, and are considered responsible for this herb's benefits.

Grape seed extract appears to be especially valuable for reducing blood pressure. Polyphenolic compounds in grape seeds are potent antioxidants that cause a nitric oxide-mediated relaxation of blood vessels. Preliminary research on a patented grape seed extract demonstrates its ability to relax blood vessels after 4 weeks at 150mg per day. Both systolic and diastolic blood pressures were significantly reduced after 4 weeks and plasma antioxidant levels demonstrated a significant short term increase. This extract also significantly decreased cholesterol and LDL cholesterol by 12 and 16% in high cholesterol subjects, while normal subjects did not show any change in lipid profiles. This study strongly suggests that grape seed extract protects vascular function, which plays a pivotal role in modulating heart disease.

Probiotics and probiotically-cultured foods are well-known for supporting digestive and immune health, but perhaps not so well-known is their ability to support healthy blood pressure levels. Interestingly, recent research indicates that *inactive* whole bacterial cells and their metabolites provide unique health-promoting properties that live probiotic cells lack. For instance, certain inactive *Lactobacilli* and *Bifidobacteria* cells and the metabolic substances formed during their fermentation have the unique property of being able to inhibit Angiotensin Converting Enzyme (ACE) activity. High ACE levels in the bloodstream generate more angiotensin II, which makes it a marker for cardiovascular and respiratory disease.

For years we've been advised of the right things to do for healthy blood pressure; getting regular exercise, quitting smoking, avoiding trans fats, eating more potassium-rich fruits and vegetables and less sodium-laden processed foods. Good recommendations all, and now we can add the right herbs and probiotic formulas to our list of heart-healthy strategies.

NEWCHAPTER
Good Care... for Your Blood Pressure
BLOOD PRESSURE take care
Protection for Men & Women
Are you taking care of your blood pressure?
A unique, patented, full-spectrum extract of grape seed, discovered by scientists at the University of California, has been shown to keep blood pressure where it belongs.
In the normal range.
New Chapter proudly delivers this breakthrough for your daily health regimen.
Observed Drop in Blood Pressure in Adults Taking Patent Pending Extract
Average start level (mm)
Average drop
137±2
84±2
Systolic (-10%)
Diastolic (-7%)
6 mm
13 mm
In a study conducted in 2006, at the University of California, Davis, researchers observed a 13 mm drop in systolic and a 6 mm drop in diastolic blood pressure.
It's time ... to Take Care™
Health Matters
Available at Health Food and Supplements Stores
Distributed by: Advantage Health Matters Inc.
www.healthmatterscanada.com - 1-800-304-1497
Prevention | Regeneration | Longevity

SCHOOLS & PROGRAMS

EDISON INSTITUTE OF NUTRITION
Training Nutrition Professionals Worldwide
Introductory, Practitioner and Masters Diploma in Nutrition
The most complete Holistic Nutrition Correspondence Course worldwide. Accredited by IONC, CANNP and NANP.
Call today for your new career: **905-294-5090** or **800-456-9313**
www.edisoninst.com

SELF-EMPOWERMENT

REMOVE EMOTIONAL CLUTTER IN FUN WAYS & BECOME EMPOWERED AGAIN!
Creative Venting Books, CDs & Programs For Children, Adults & Adolescents. Download One of Our Ebooks & Mp3 Workshops and Start Today!
VentingCreatively.com
905-371-3818

RETREATS

DESTRESS TO MANIFEST WOMENS' RETREAT
Tamarac Island Resort, Lake Huron
DeStresstoMANIFEST.com
519-592-5810
Date: Oct. 15-17, 2010

ESTHETICS & SPA

INTENSIVE HOLISTIC BEAUTY COURSES WITH CERTIFICATIONS
Affordable rates and flexible hours.
416-815-7500
www.royalbeautyeuropeanschool.com

GET THE WORD OUT!
Classified word ads in Healthy Directions magazine are only $2.50/word. Send to: **healthydirections@rogers.com**

EARTH TALK

Eco-Friendly & Natural Snacks

Dear EarthTalk:
I see a lot of "healthy snacks" being marketed for kids that list "natural flavors" but don't identify them. Should I use these products? *-- John Stein, Methuen, MA*

Beloved food writer Michael Pollan recommends steering clear of foods that advertise their green attributes on their label. According to his line of reasoning, why give a child a fruit roll-up when you can give him or her a piece of fruit? Only processed foods need to advertise what's natural about them, whereas an apple speaks for itself, providing wholesome nutrition.

But most of us depend on the occasional packaged or processed food, so choosing between the lesser of two evils sometimes has to be the way to go. If a product lists natural ingredients on its label—anything from real fruits, vegetables and nuts to cereals, grains and other healthy foods you can recognize without a food dictionary on hand—it's probably better than a food reliant on artificial flavors and sweeteners.

"One way for your kids to enjoy healthy snacks is to get them started on naturally sweet foods," says Christine Steendahl of Kid Approved Meals. "Since most kids crave sweets…naturally sweet foods, such as, fruits are perfect," she says. Real bananas, oranges, apples, cherries, strawberries and other fruits are popular with most kids. "You can mix in yogurt or even make a fruit smoothie with some milk," Steendahl suggests. "One thing to recognize about children is that if they try enough types of natural and healthy snacks, they will find one that they enjoy," says Steendahl. "The problem is that many times parents give up trying to find the snacks that their kids like and settle for popular junk foods instead." She stresses the importance of teaching kids which snacks to eat and which to avoid early in life so that they can sidestep obesity problems altogether. Nuts and dry cereals, for example, are good alternatives to chips and other junk food.

According to California-based pediatrician and author William Sears, parents should make sure that any snack foods they give their family members provide both fiber and protein, which give the feeling of fullness, and taste good as well. He adds that parents should learn to read labels so they can tell which products contain hydrogenated oils, artificial colors, preservatives and high-fructose corn syrup—all of which should be avoided.

As a last resort for especially finicky kids, parents can find packaged snacks that might look like junk food but are actually healthy and nutritious, including certain brands of fruit roll-ups and granola bars. Look in the snack aisle of your local natural food store for such items, and don't be afraid to ask store personnel for recommendations. It's important to take your child's nutrition seriously. Whether he or she ever realizes it, you are setting patterns that will enable them to live healthier and longer lives.

GOT AN ENVIRONMENTAL QUESTION?
Submit it at: www.emagazine.com/earthtalk/thisweek.
Read past columns at: www.emagazine.com/earthtalk/archives.php.

PRODUCTS

WART & MOLE VANISH

World's only single application Wart, Mole, and Skin Tag removal system. Natural, safe, International Award Winner.
www.wartmolevanish.com.
Call: **1-800-395-8401**

Looking for StemEnhance™?

www.stemtechbiz.ca/maryanner
877-819-2271

CHAKRA BRACELETS

made with real gemstones.
www.westernexpressions.ca

EMPLOYMENT

HEALTH GROUP CLM

SUCCESSFUL DISTRIBUTOR SEEKS INDEPENDENT SALES REP FOR SOUTHWEST ONTARIO!

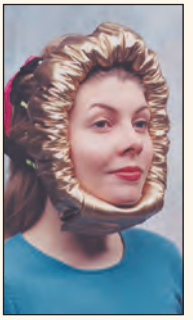
We have select lines and products that could add to current listings or act as exclusive.

CLM Health Group Inc.
3190 Ridgeway Drive, Unit 21
Mississauga, Ontario L5L 5S8
www.clmhealth.com

If you have proven sales experience in the Natural Health & Wellness industry and would like to join forces with our growing Distribution Division, ***CLM Health*** wants to hear from you! Please forward your resume to: **hr@clmhealth.com** Thank you for your interest in ***CLM Health Group***! E-mail only please & only successful candidates will be contacted.

BEAUTY AIDS

A face-lift without surgery!



The **chinmusclestonifier** prevents or eliminates a double chin, tone neck and jaw muscles, soften the appearance of wrinkles and increase blood circulation and oxygen flow to give your skin a healthier glow.

Tone & strengthen chin and facial muscles with just 3 minutes of exercise each day!

For more information call:
(613) 741-8229 or 1-800-265-8117
for a free brochure or visit the web at:
www.chinmusclestonifier.com

SEEKING OPPORTUNITIES

MEDICINE'S BEST KEPT SECRET!!!

Patent's for the Immune system
Anit-Cancer Patents
Visit: **www.immunocal.com/doctors**
www.rogerpatola.com

GET THE WORD OUT!

Courses Guide and **Classified** word ads in Healthy Directions magazine are only $2.50/word. Send to:
healthydirections@rogers.com
1-877-276-1849

SUPPLEMENTS

A.Vogel

New - Intelligent
A daily supplement line.

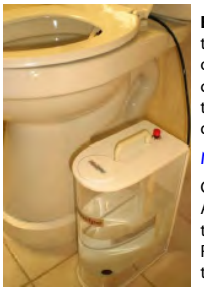
Experience. True Swiss.
www.avogel.ca

MEDICAL AIDS

BATHROOM TRIPS ARE SO EASY NOW!

Aquawipe

Push the button – wipe with water!



Extremely helpful for: the elderly, people with obesity or physically challenged, who have trouble wiping because of difficulty twisting or reaching.

No Installation - No Plumbing!

Can be connected in seconds!
Also fits most raised toilet seats!
Reduces the use of toilet tissue by up to 80%!

1-866-637-6928 **aquawipe.com**

FIBROMYALGIA

FIBROMYALGIA?

Free 25 page Doctor's Report.
There is Hope! Call Now!
1-888-536-0281

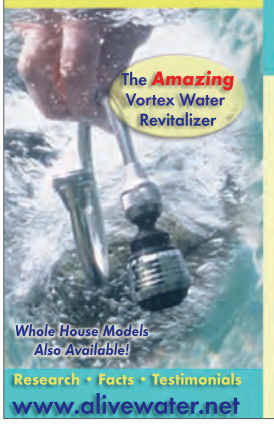
LECTORIUM ROSICRUCIANUM
Spiritual School of the Golden Rosycross

"The Gnosis, the Logos, the Source of all life, calls us to return to the higher Unity from which we originated. The Spiritual School of the Golden Rosycross explains and helps us to go this Path."

If you seek a new perspective on life contact us for free introductory literature and book catalogue.

5267 Holmes Road, RR#1, Inverary, Ont. K0H 1X0
ontario@goldenrosycross.org www.lectoriumrosicrucianum.org

New Distributors Welcome!


The Amazing Vortex Water Revitalizer
Whole House Models Also Available!
Research • Facts • Testimonials
www.alivewater.net

Get Healthier, Revitalizing Water in Your Home!

Restore and energize your water via a double vortex that processes all of your water.

Yes it does! ...
Improve the taste and feel of your water
Boost dissolved oxygen in your water
Eliminate slimy bacteria build-up
Absorb instantly for better hydration and more...

Call toll-free: 1-888-644-7754

World Living Water Systems Ltd.
e-mail: info@alivewater.net
Far beyond what any filters or ionizers can do!

Finding Happiness in a Hammock

By Kristin Ann Janishefski

For most of us, achieving a counter-balance in the stressed out, fast paced race of life is an everyday struggle. Between appointment to appointment, many of us may find it hard to achieve harmony within a society obsessed with instant gratification. Canada's loved yogi and creator of *Blissology* (a form of yoga and meditation which teaches others how to cultivate harmonious relationships with their bodies, mind and heart along with the larger web of life), has set out to prove that you can save the world by getting in a hammock for just five minutes a day.

The whole idea behind this "*hammock enlightenment*" came from *Finn's* realization that what really harms most people and affects their longevity is their buildup of every day stress. Since we are such a "doing" society, most people don't take the time to allow the mind to come to a still space. By rushing to your next chiropractic appointment, running to get to your Pilates class, you are actually being quite counterproductive in terms of allowing your body to connect with its feedback loop in your body. The feedback loop, which can be stimulated when doing something like lying in a hammock, slows down your mind so that you can tune into your body and really listen to what is going on inside.

Eoin Finn says, "The real key to achieving longevity in life is not running a marathon or participating in a triathlon, but being able to learn how to truly relax your mind and body." Spending time in a hammock allows you to tap into a full state of relaxation where you are away from all the everyday pressures of life and amidst nature and allowed to connect with your feedback loop in your body to create self awareness, and leads to a more fulfilling, gratifying, and stress free life. Lying in a hammock essentially re-trains your mind to relax and encourages you to create a space and time for things to be a still. In addition, Finn says, "One of the key physical benefits to *"hammock enlightenment"* is that your bones are fully supported when you are lying in a hammock and we are not fighting the compression on our joints like we are everyday when sitting at a desk or running around. In addition, this type of deep relaxation will elevate your serotonin and cortisol levels leading to the relaxation of your digestive and nervous systems.

So the next time you think about running to finish all your lunchtime errands, instead take five minutes of out your day to seek solace in a hammock and reap the benefits of a truly blissful state of mind and spirit. Your body will thank you for it.

***Eoin Finn** will be setting up hammock sites across the country to encourage the teaching of enlightenment and to create a harmonious state within the community and ecology. For more information on the Blissology teachings and hammock manifesto please contact: kristin@thevanguardpr.com.*

SCIENCE BASED
NATURAL HEALTHCARE
No Longer an Oxymoron.

Himalaya®
HERBAL HEALTHCARE

Published Clinical Trials On Herbal Formulations

EXCIPIENT FREE HERBAL FORMULAS

- Gluten Free*
- No Magnesium Stearate
- No Additives
- No Binders
- No Fillers
- Published Human Clinical Trials on the Final Proprietary Formula

High Potency High Quality USDA Organic Herbs

USDA ORGANIC SINGLE HERBS

- Certified USDA Organic
- Gluten Free*
- No Magnesium Stearate
- No Additives
- No Binders
- No Fillers

Award Winning Organic Personal Care Products

ORGANIQUE by Himalaya HERBAL HEALTHCARE

- Gluten Free*
- Paraben Free
- Phthalate Free
- Petroleum Free
- Silicone Free
- Sodium Lauryl Sulfate Free
- No Artificial Fragrances/Colors
- No Animal Testing

FREE FROM OVER 200 SYNTHETIC INGREDIENTS

BUAV APPROVED

Noah's Natural Foods · THE BIG CARROT Searching for Nature's Finest · Ambrosia Naturally · NATURE'S EMPORIUM Wholistic Market · nature's source

Proudly Distributed By
Peak Lifestyle Products
For More Info Call: 877.833.7325

Prevent Colds & The Flu Naturally!

Echinacea available in alcohol-free Cherry or Strawberry flavour, or unflavoured; and also with Goldenseal

Boost and maintain a healthy immune system throughout cold and flu season

Safe and effective for cough (alcohol-free, cherry flavour)

OMEGA ALPHA®

Effective Supplements Through Science
1-800-651-3172 *Proudly Canadian*

FOLLOW US ON Twitter | Find us on Facebook

Visit us at OmegaAlpha.ca and click on EDUCATION to register for our FREE consumer education teleseminars.

OASIS
Your wellspring of natural health knowledge
OASIS is the education division of Omega Alpha

™ - HerbaCough, ImmuBoost and Immunol are trademarks of Omega Alpha Pharmaceuticals Inc.